

# Peace Meal Senior Nutrition Program

## May 2025

			1 Orange Chicken Over Rice Broccoli Midori Vegetables Pineapple	2 Salmon Burger & Bun Macaroni Salad with Vegetables Baked Beans Cherry Crisp
5 King Ranch Chicken Casserole Corn & Black Beans Stewed Tomatoes Fruit Bread/Roll	6 Cheese Salad Vegetable Beef Soup Coleslaw Mixed Fruit Bread/Roll	7 Hamburger & Bun Tater Tots Baked Beans Broccoli- Cauliflower Salad	8 Chicken Fajitas Onions & Peppers Tortillas Mexican Rice Mexican Green Beans Pears	9 Tuna Casserole Peas Carrots Tomato Salad
12 Pork Carnita Sandwich Roasted Potatoes Mixed Vegetables Fruit	13 Beef Tips in Gravy over Noodles Peas Golden Buttered Hominy Cinnamon Pears	14 Stuffed Chicken Breast Broccoli Rice Casserole Roasted Brussels Sprouts Fruit Bread/Roll	15 Ground Beef Taco Salad Black Beans, Salsa Tomatoes, Sour Cream Fruit Whole Grain Chips Dessert Surprise	16 Liver & Onions Mashed Potatoes Green Beans Beets Bread/Roll
19 Biscuits & Gravy Paco Vegetables Hot Fruit Fruit Juice	20 Fried Chicken Parsley Potatoes Hot Greens Peaches Bread/Roll	21 Swiss Steak Cheesy Potatoes Carrots Fruit Bread/Roll	22 Baked Spaghetti Broccoli Corn Romaine Side Salad	23 Southern Breaded Fish & Bun Pinto Beans Nantucket Vegetables Bacon Ranch Potato Salad
26  CLOSED  FOR  MEMORIAL DAY	27 Glazed Ham Sweet Potatoes Peas Fruit Whole Grain Bread/Roll	28 Meatloaf Twice Baked Mashed Potatoes Green Beans Coleslaw Bread/Roll	29 Orange Chicken Over Rice Broccoli Midori Vegetables Pineapple	30 Salmon Burger & Bun Macaroni Salad with Vegetables Baked Beans Cherry Crisp

**For Reservations Call 1-800-543-1770**

Skim milk and desserts with no sugar added are available in many locations.

Ask the Site Supervisor for information.

Sometimes we need to substitute on our menus. We still guarantee a nutritious meal.

The Peace Meal Senior Nutrition Program suggests a donation of \$4.00 for each congregate and home delivered meal. No older person shall be denied a meal because of their inability to contribute towards the cost of the meal.

We accept the Illinois Link Card.

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### June 2025

<b>2</b> <b>King Ranch</b> <b>Chicken Casserole</b> <b>Corn &amp; Black Beans</b> <b>Stewed Tomatoes</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>3</b> <b>Cheese Salad</b> <b>Vegetable Beef Soup</b> <b>Coleslaw</b> <b>Mixed Fruit</b> <b>Bread/Roll</b>	<b>4</b> <b>Hamburger &amp; Bun</b> <b>Tater Tots</b> <b>Baked Beans</b> <b>Broccoli-</b> <b>Cauliflower Salad</b>	<b>5</b> <b>Chicken Fajitas</b> <b>Onions &amp; Peppers</b> <b>Tortillas</b> <b>Mexican Rice</b> <b>Mexican Green</b> <b>Beans</b> <b>Pears</b>	<b>6</b> <b>Tuna Casserole</b> <b>Peas</b> <b>Carrots</b> <b>Tomato Salad</b>
<b>9</b> <b>Pork Carnita</b> <b>Sandwich</b> <b>Roasted Potatoes</b> <b>Mixed Vegetables</b> <b>Fruit</b>	<b>10</b> <b>Beef Tips in Gravy</b> <b>over Noodles</b> <b>Peas</b> <b>Golden Buttered</b> <b>Hominy</b> <b>Cinnamon Pears</b>	<b>11</b> <b>Stuffed Chicken</b> <b>Breast</b> <b>Broccoli Rice</b> <b>Casserole</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>12</b> <b>Ground Beef</b> <b>Taco Salad</b> <b>Black Beans, Salsa</b> <b>Tomatoes, Sour</b> <b>Cream</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert Surprise</b>	<b>13</b> <b>Liver &amp; Onions</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Beets</b> <b>Bread/Roll</b>
<b>16</b> <b>Biscuits &amp; Gravy</b> <b>Paco Vegetables</b> <b>Hot Fruit</b> <b>Fruit Juice</b>	<b>17</b> <b>Fried Chicken</b> <b>Parsley Potatoes</b> <b>Hot Greens</b> <b>Peaches</b> <b>Bread/Roll</b>	<b>18</b> <b>Swiss Steak</b> <b>Cheesy Potatoes</b> <b>Carrots</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>19</b> <b>Baked Spaghetti</b> <b>Broccoli</b> <b>Corn</b> <b>Romaine Side Salad</b>	<b>20</b> <b>Southern Breaded</b> <b>Fish &amp; Bun</b> <b>Pinto Beans</b> <b>Nantucket</b> <b>Vegetables</b> <b>Bacon Ranch</b> <b>Potato Salad</b>
<b>23</b> <b>Sloppy Joes &amp; Bun</b> <b>German Potato</b> <b>Salad</b> <b>Corn</b> <b>Fruit</b>	<b>24</b> <b>Glazed Ham</b> <b>Sweet Potatoes</b> <b>Peas</b> <b>Fruit</b> <b>Whole Grain</b> <b>Bread/Roll</b>	<b>25</b> <b>Meatloaf</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Coleslaw</b> <b>Bread/Roll</b>	<b>26</b> <b>Orange Chicken</b> <b>Over Rice</b> <b>Broccoli</b> <b>Midori Vegetables</b> <b>Pineapple</b>	<b>27</b>  <b>CHEF'S</b>  <b>CHOICE</b>  <b>MENU</b>
<b>30</b> <b>Stay tuned.....</b> <b>this day will</b> <b>show up on the</b> <b>July menu</b>				

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