

Peace Meal Senior Nutrition Program April 2018

2 Beef and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (1) Apricots	3 Savory Sausage Stew Harvard Beets Whole Grain Wheat (1) Warm Fruit Cobbler	4 Creamed Chicken w/Green Onions & Pimentos Peas Chunky Applesauce Biscuit Orange Bread	5 Meatloaf Mashed Potatoes w/Gravy Buttered Carrots Dinner Roll Fruited Gelatin	6 BBQ Riblet Sandwich Warm Black-Eyed Pea Salad Macaroni and Cheese Fruit Juice Bun Fresh Fruit
9 Sausage and Gravy Breakfast Pattie Mini Potato Bakers Orange Juice Biscuit Warm Fruit Compote	10 Taco Salad w/Meat, Cheese, and Beans Lettuce, Tomatoes, Sour Cream and Taco Sauce Sliced Pears Taco Chips Cake	11 Cabbage Rolls w/Sauce Ranch Potatoes Green and Wax Beans Dinner Roll Peaches	12 Baked Chicken Scalloped Tomatoes Mexi Corn Whole Grain Wheat (1) Fruit Salad	13 Roasted Pork Loin in Gravy Mashed Potatoes Mixed Vegetables Texas Toast(1) Cherry Delight
16 Pepper Beef over Brown Rice Lima Beans Warm Cinnamon Baked Apples Whole Grain Wheat (1) Fresh Orange	17 Swedish Meat Balls Mashed Potatoes Spinach Whole Grain Wheat (1) Banana Pudding w/Fresh Bananas	18 Focaccia Crusted Chicken Breast Potato Casserole Italian Green Beans Tropical Fruit Dinner Roll Cookie	19 Chili Mac w/Beans Corn Dinner Roll Peach Caramel Oat Crisp	20 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Rye(2) Dreamsicle Gelatin
23 Sloppy Joe Sandwich Brussels Sprouts Baked Corn Casserole Bun Applesauce	24 Fried Chicken Mashed Potatoes w/Gravy Broccoli Dinner Roll Mandarin Oranges	25 Ham and Beans Copper Carrots Cornbread Sliced Pears	26 Turkey Tetrazzini Tossed Salad w/Dressing Packet Peas and Pearl Onions Whole Grain Wheat (1) Pineapple	27 Chicken Salad Sandwich Tortellini Vegetable Soup Creamy Cole Slaw Bun and Crackers Fruit Salad
30 Beef and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (1) Apricots				

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 \$3.50 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.