Peace Meal Senior Nutrition Program January 2020

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		1 CLOSED FOR NEW YEAR'S HOLIDAY	2 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
6 Beef Stew with Potatoes, Carrots, and Onions Seasoned Greens Biscuits	7 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	Reasoned Green Beans W/Pimentos Whole Grain Wheat (1)	Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll	10 Baked Ham Frosted Sweet Potatoes Midori blend Vegetables Whole Grain Wheat (1)
Tropical Fruit 13 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion &Bacon Texas Toast Mandarin Oranges	14 Ham and Beans Pickled Beets Cornbread Peaches	Chunky Applesauce 15 Turkey Pot Roast with Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	Overnight Fruit Salad 16 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	Pears 17 Stuffed Peppers Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
20 Beef And Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn & Lima Beans Bun Fruit Juice	22 Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	23 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	24 Chicken Parmesan Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
27 Savory Sausage Stew with Beans Seasoned Carrots Biscuits Spiced Apple Rings	28 Fried Chicken Mashed Potatoes w/ Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	29 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Pudding	30 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple

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.

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3	4	5	6	7
Beef Stew with	Chili Mac	Chicken Tetrazzini	Roast Beef in Gravy	Baked Ham
Potatoes, Carrots	Tossed Salad	Peas and Onions	Mashed Potatoes	Frosted Sweet Potatoes
&Onions	Dinner Roll	Seasoned Green Beans	Cabbage Tomato	Midori Blend
Seasoned Greens	Warm Cinnamon	w/Pimentos	Au Gratin	Vegetables
Biscuits	Peaches	Whole Grain Wheat (1)	Dinner Roll	Whole Grain Wheat (1)
Tropical Fruit		Chunky Applesauce	Overnight Fruit Salad	Pears
10	11	12	13	14
Beef Tips in Gravy	Ham and Beans	Turkey Pot Roast with	Meatloaf	Stuffed Peppers
Mashed Potatoes	Pickled Beets	Baby Carrots & Celery	Delmonico Potatoes	Peas and Carrots
Italian Green Beans	Cornbread	Corn Casserole	Broccoli & Cauliflower	Bean Medley
w/Tomato, Onion and	Peaches	Dinner Roll	Dinner Roll	Whole Grain Wheat (1)
Bacon		Pineapple Tidbits	Cranberry Apple Salad	Gelatin with Fruit
Texas Toast				
Mandarin Oranges				
17	18	19	20	21
Beef and Noodles	Pork Chop Sandwich	Swissed Beef Patties	Breakfast Casserole	Chicken Parmesan
Mashed Potatoes	Buttered Baby Baker	w/Tomato, Onion,	Warm Rosy Applesauce	Venetian Blend
Brussels Sprouts	Potatoes	Celery, Green Pepper	Fruit Juice	Vegetables
Whole Grain Wheat (1)	Mexi Corn w/ Lima	Creamy Coleslaw	Cinnamon Roll	Potato Casserole
Apricots	Beans	Dinner Roll	Cranberries	Dinner Roll
-	Bun	Warm Fruit Crisp		Mandarin Oranges
	Fruit Juice			
24	25	26	27	28
Savory Sausage Stew	Fried Chicken	Cheese Manicotti	Salisbury Beef Pattie	White Fish Burger
w/Beans	Mashed Potatoes	Broccoli	Mashed Potatoes	w/Condiment
Seasoned Carrots	w/Gravy	Corn	Spinach	Baked Beans
Biscuits	Breaded Tomatoes	Whole Grain Wheat (1)	Dinner Roll	Fruit Juice
Spiced Apple Rings	Dinner Roll	Pudding	Banana Bread w/Cream	Bun
	Seasonal Dessert		Cheese	Scalloped Pineapple

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