

Peace Meal Senior Nutrition Program January 2020

		1 CLOSED FOR NEW YEAR'S HOLIDAY	2 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	3 Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
6 Beef Stew with Potatoes, Carrots, and Onions Seasoned Greens Biscuits Tropical Fruit	7 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	8 Chicken Tetrazzini Peas and Onions Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	9 Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll Overnight Fruit Salad	10 Baked Ham Frosted Sweet Potatoes Midori blend Vegetables Whole Grain Wheat (1) Pears
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	15 Turkey Pot Roast with Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	16 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	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	21 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	31 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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10 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion and Bacon Texas Toast Mandarin Oranges	11 Ham and Beans Pickled Beets Cornbread Peaches	12 Turkey Pot Roast with Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	13 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	14 Stuffed Peppers Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
17 Beef and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	18 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn w/ Lima Beans Bun Fruit Juice	19 Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	20 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	21 Chicken Parmesan Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
24 Savory Sausage Stew w/Beans Seasoned Carrots Biscuits Spiced Apple Rings	25 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	26 Cheese Manicotti Broccoli Corn Whole Grain Wheat (1) Pudding	27 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	28 White Fish Burger w/Condiment Baked Beans Fruit Juice Bun Scalloped Pineapple

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