

Peace Meal Senior Nutrition Program July 2018

2 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	3 Settlers Beef and Beans Carrots Biscuits Melon Chunks	4 CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Focaccia Crusted Chicken Breast Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	6 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches
9 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	10 Sub Sandwich w/Lettuce and Tomato Broccoli Soup Kidney Bean Salad Bun Hawaiian Salad	11 Baked Spaghetti Tossed Salad w/Dressing Pkt. Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	12 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	13 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
16 Pulled Pork Creamed Peas and Potatoes Mexi Corn Bun Mandarin Oranges	17 Salisbury Beef Pattie Mashed Potatoes Lyonnais Carrots W/Wheat Dinner Roll Fruit Juice	18 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw W/Wheat Dinner Roll Fresh Fruit	19 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	20 Hamburger Potato Salad Baked Beans Bun Warm Peach-Pineapple Crumble
23 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	24 Salmon Boat Macaroni and Cheese w/Peas Midori Blend Vegetables Whole Grain Wheat Pineapple	25 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	26 Turkey Salad w/Grapes on Lettuce Leaf Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	27 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
30 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	31 Settlers Beef and Beans Carrots Biscuits Melon Chunks			

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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		1 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	2 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	3 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches
6 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	7 Sub Sandwich w/Lettuce and Tomato Broccoli Soup Kidney Bean Salad Bun Hawaiian Salad	8 Baked Spaghetti Tossed Salad w/Dressing Packet Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	9 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	10 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
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20 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	21 Salmon Boat Macaroni and Cheese w/Peas Midori Blend Veggies Whole Grain Wheat Pineapple	22 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	23 Turkey Salad w/Grapes on Lettuce Leaf Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	24 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
27 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	28 Settlers Beef and Beans Carrots Biscuits Melon Chunks	29 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	30 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	31 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches

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