

Peace Meal Senior Nutrition Program April 2023

| | | | | |
|--|---|---|---|--|
| 3 Ham and Beans Copper Carrots Sliced Pears Cornbread | 4 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun | 5 Taco Salad Sliced Peaches Taco Chips Dessert | 6 Chicken Mac & Cheese Black Beans and Corn Herbed Peas Watermelon | 7 GOOD FRIDAY HOLIDAY |
| 10 Burger or Brat Ranchero Beans Corn Pineapple Bun | 11 Chicken Pot Pie Beets Fruit Biscuit Dessert | 12 Marinated Pork Loin Twice Baked Potato Casserole Green Beans Italiano Tropical Fruit Dinner Roll | 13 Chicken Salad Vegetable Soup Bean Salad Fruit Bread | 14 Lasagna Seasoned Cauliflower Peas Romaine Salad |
| 17 Bacon, Egg & Cheese Bake Roasted Vegetables Chunky Applesauce Juice Biscuit | 18 Meatloaf Creamed Peas & Potatoes Breaded Tomatoes Fruit Bread | 19 Beef Stew w/ Vegetables Sweet Potato Souffle Cucumber Salad Roll | 20 Penne Pasta with Meatballs & Marinara Italian Vegetables Peas Romaine Salad | 21 Hawaiian Chicken Baked Beans Asparagus Tropical Fruit Bread |
| 24 Chili Cheese Salad Mandarin Oranges Tomato Salad Bread & Crackers | 25 Fried Chicken Mashed Potatoes & Gravy Green Bean Casserole Coleslaw Roll | 26 Turkey Pot Roast Baby Bakers Peas & Pearl Onions Bread Dessert | 27 Goulash Mixed Greens Corn Fruit | 28 Peppered Beef over Brown Rice Glazed Carrots Buttered Hominy Fruit |

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.

Peace Meal Senior Nutrition Program May 2023

| | | | | |
|--|---|---|---|--|
| 1 Ham and Beans Copper Carrots Sliced Pears Cornbread | 2 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun | 3 Taco Salad Sliced Peaches Taco Chips Dessert | 4 Chicken Mac & Cheese Black Beans & Corn Herbed Peas Watermelon | 5 Liver & Onions Au Gratin Potatoes Green Beans Fruit Roll |
| 8 Burger or Brat Ranchero Beans Corn Pineapple Bun | 9 Chicken Pot Pie Beets Fruit Biscuit Dessert | 10 Marinated Pork Loin Twice Baked Potato Casserole Green Beans Italiano Tropical Fruit Dinner Roll | 11 Chicken Salad Vegetable Soup Bean Salad Fruit Bread | 12 Lasagna Seasoned Cauliflower Peas Romaine Salad |
| 15 Bacon, Egg & Cheese Bake Roasted Vegetables Chunky Applesauce Juice Biscuit | 16 Meatloaf Creamed Peas & Potatoes Breaded Tomatoes Fruit Bread | 17 Beef Stew w/Vegetables Sweet Potato Souffle Cucumber Salad Roll | 18 Penne Pasta with Meatballs & Marinara Italian Vegetables Peas Romaine Salad | 19 Hawaiian Chicken Baked Beans Asparagus Tropical Fruit Bread |
| 22 Chili Cheese Salad Mandarin Oranges Tomato Salad Bread & Crackers | 23 Fried Chicken Mashed Potatoes & Gravy Green Bean Casserole Coleslaw Roll | 24 Turkey Pot Roast Baby Bakers Peas & Pearl Onions Bread Dessert | 25 Goulash Mixed Greens Corn Fruit | 26 Peppered Beef over Brown Rice Glazed Carrots Buttered Hominy Fruit |
| 29 MEMORIAL DAY HOLIDAY | 30 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun | 31 Taco Salad Sliced Peaches Taco Chips Dessert | | |

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.