Peace Meal Senior Nutrition Program August 2019

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			1	2
			Sloppy Joe	Pork Tenderloin
			Midori Blend Veggies	Potato Casserole
			Corn	Mixed Vegetables
			Bun	Texas Toast
			Apple Slices	Pears
5	6	7	8	9
Chicken Enchiladas	Pulled Pork Sandwich	Chili Mac w/Beans	Roast Beef in Gravy	Turkey/Cheese
Baked Beans	Baby Baker Potatoes	Spinach Romaine Salad	Mashed Potatoes	Sandwich w/Mayo Pkt.
Harvard Beets	Vegetable Blend	w/Dressing Pkt.	Cauliflower/Pea salad	Lettuce and Tomato
Whole Grain Wheat (1)	Bun	Dinner Roll	Dinner Roll	Slices
Apricots	Mandarin Oranges	Overnight Fruit Salad	Warm Fruit Crisp	Summer salad
ripriects	Wandariii Granges	o vernight i fuit build	warm ruit erisp	Bun
				Peaches
12	13	14	15	16
Fish Sandwich	Beef and Noodles	Turkey Salad w/Grapes	Taco Salad w/Beans,	Fried Chicken
Macaroni and cheese	Mashed Potatoes	Cucumber Salad	Meat, Cheese, Lettuce,	Mashed Potatoes
Broccoli	Sweet Cinnamon	Fruit Cocktail	and Tomatoes	w/Gravy
Fruit Juice	Carrots	Roll	Sour Cream and Taco	Brussels Sprouts
Bun			Sauce Sauce	Texas Toast
	Whole Grain Wheat (1)	Apple Oatmeal Bar		
Pears	Watermelon		Pineapple Taco Chips	Mixed Melon Salad
10	20	0.1	Cake	w/Grapes
19	20	21	22	23
Spaghetti w/Meat Sauce	Roasted Pork	Chicken Fritter	Meatloaf	Steak Burger
Herbed Peas	Zucchini Bake	Vegetable Rice Pilaf	Mashed Potatoes	Lettuce and Tomato
Applesauce	Broccoli-Cauliflower	Seasoned Green Beans	w/Gravy	Slices
Bread Stick	Mix	Dinner Roll	Corn and Lima Beans	Rotini Vegetable Salad
Brownie Bites	Whole Grain Wheat (1)	Fresh Fruit	Whole Grain Wheat (1)	Bun
	Hawaiian Salad		Dreamsicle Gelatin	Cantaloupe
26	27	28	29	30
Chicken Cordon Bleu	Breakfast Casserole	Ham Salad	Sloppy Joe	Pork Tenderloin
Mashed Potatoes	Rosy Applesauce	Creamy Broccoli Soup	Midori Blend Veggies	Potato Casserole
w/Gravy	Fruit Juice	Gelatin w/Fruit	Corn	Mixed Vegetables
Italian Green Beans	Cinnamon Roll	Assorted Crackers	Bun	Texas Toast
Dinner Roll	Cranberries	Peaches	Apple Slices	Pears
Pineapple 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.

Peace Meal Senior Nutrition Program September 2019

2 CLOSED FOR LABOR DAY HOLIDAY	3 Pulled Pork Sandwich Baby Baker Potatoes Vegetable Blend Bun Mandarin Oranges	4 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Overnight Fruit Salad	5 Roast Beef in Gravy Mashed Potatoes Cauliflower/Pea Salad Dinner Roll Warm Fruit Crisp	Turkey/Cheese Sandwich w/Mayo Pkt. Lettuce and Tomato Slices Summer Salad Bun Peaches
9 Fish Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Pears	10 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Watermelon	11 Turkey Salad w/Grapes Cucumber Salad Fruit Cocktail Roll Apple Oatmeal Bar	Taco Salad w/Beans, Meat, Cheese, Lettuce, and Tomatoes Sour Cream and Taco Sauce Pineapple Taco Chips Cake	Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Mixed Melon Salad w/Grapes
16 Spaghetti w/Meat Sauce Herbed Peas Applesauce Bread Stick Brownie Bites	17 Roasted Pork Zucchini Bake Broccoli-Cauliflower Mix Whole Grain Wheat (1) Hawaiian Salad	18 Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Dinner Roll Fresh Fruit	19 Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Whole Grain Wheat (1) Dreamsicle Gelatin	Steak Burger Lettuce and Tomato Slices Rotini Vegetable Salad Bun Cantaloupe
23 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks 30 CHEF'S CHOICE. REGIONAL FAVORITES WILL BE SERVED.	24 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	25 Ham Salad Creamy Broccoli Soup Gelatin w/Fruit Assorted Crackers Peaches	26 Sloppy Joe Midori Blend Veggies Corn Bun Apple Slices	Pork Tenderloin Potato Casserole Mixed Vegetables Texas Toast Pears

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