

Peace Meal Senior Nutrition Program August 2019

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

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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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	6 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	12 Taco Salad w/Beans, Meat, Cheese, Lettuce, and Tomatoes Sour Cream and Taco Sauce Pineapple Taco Chips Cake	13 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Mixed Melon Salad w/Grapes
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30 CHEF'S CHOICE. REGIONAL FAVORITES WILL BE SERVED.				

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