

Peace Meal Senior Nutrition Program July 2019

1 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks	2 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	3 Ham Salad Creamy Broccoli Soup Gelatin w/Fruit Assorted Crackers Peaches	4 CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Pork Tenderloin Potato Casserole Mixed Vegetables Texas Toast Pears
8 Chicken Enchiladas Baked Beans Harvard Beets Whole Grain Wheat (1) Apricots	9 Pulled Pork Sandwich Baby Baker Potatoes Vegetable Blend Bun Mandarin Oranges	10 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Overnight Fruit Salad	11 Roast Beef in Gravy Mashed Potatoes Cauliflower/Pea Salad Dinner Roll Warm Fruit Crisp	12 Turkey/Cheese Sandwich w/Mayo Pkt. Lettuce & Tomato Slices Summer Salad Bun Peaches
15 Fish Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Pears	16 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Watermelon	17 Turkey Salad w/Grapes Cucumber Salad Fruit Cocktail Roll Apple Oatmeal Bar	18 Taco Salad w/Beans, Meat, Cheese, Lettuce, and Tomatoes Sour Cream & Taco Sauce Pineapple Taco Chips Cake	19 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Mixed Melon Salad w/Grapes
22 Spaghetti w/Meat Sauce Herbed Peas Applesauce Bread stick Brownie Bites	23 Roasted Pork Zucchini Bake Broccoli-Cauliflower Mix Whole Grain Wheat (1) Hawaiian Salad	24 Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Dinner Roll Fresh Fruit	25 Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Whole Grain Wheat (1) Dreamsicle Gelatin	26 Steak Burger Lettuce and Tomato Slices Rotini Vegetable Salad Bun Cantaloupe
29 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks	30 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	31 Ham Salad Creamy Broccoli soup Gelatin w/Fruit Assorted Crackers Peaches		

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.