

## Peace Meal Senior Nutrition Program February 2020

|   |   |  |  |   |
|---|---|--|--|---|
| 3<br>Beef Stew with Potatoes, Carrots & Onions<br>Seasoned Greens<br>Biscuits<br>Tropical Fruit                                 | 4<br>Chili Mac<br>Tossed Salad<br>Dinner Roll<br>Warm Cinnamon<br>Peaches                                 | 5<br>Chicken Tetraxini<br>Peas and Onions<br>Seasoned Green Beans w/Pimentos<br>Whole Grain Wheat (1)<br>Chunky Applesauce | 6<br>Roast Beef in Gravy<br>Mashed Potatoes<br>Cabbage Tomato<br>Au Gratin<br>Dinner Roll<br>Overnight Fruit Salad | 7<br>Baked Ham<br>Frosted Sweet Potatoes<br>Midori Blend<br>Vegetables<br>Whole Grain Wheat (1)<br>Pears      |
| 10<br>Beef Tips in Gravy<br>Mashed Potatoes<br>Italian Green Beans w/Tomato, Onion and Bacon<br>Texas Toast<br>Mandarin Oranges | 11<br>Ham and Beans<br>Pickled Beets<br>Cornbread<br>Peaches  | 12<br>Turkey Pot Roast with Baby Carrots & Celery<br>Corn Casserole<br>Dinner Roll<br>Pineapple Tidbits                    | 13<br>Meatloaf<br>Delmonico Potatoes<br>Broccoli & Cauliflower<br>Dinner Roll<br>Cranberry Apple Salad             | 14<br>Stuffed Peppers<br>Peas and Carrots<br>Bean Medley<br>Whole Grain Wheat (1)<br>Gelatin with Fruit       |
| 17<br>Beef and Noodles<br>Mashed Potatoes<br>Brussels Sprouts<br>Whole Grain Wheat (1)<br>Apricots                              | 18<br>Pork Chop Sandwich<br>Buttered Baby Baker Potatoes<br>Mexi Corn w/ Lima Beans<br>Bun<br>Fruit Juice | 19<br>Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper<br>Creamy Coleslaw<br>Dinner Roll<br>Warm Fruit Crisp     | 20<br>Breakfast Casserole<br>Warm Rosy Applesauce<br>Fruit Juice<br>Cinnamon Roll<br>Cranberries                   | 21<br>Chicken Parmesan<br>Venetian Blend<br>Vegetables<br>Potato Casserole<br>Dinner Roll<br>Mandarin Oranges |
| 24<br>Savory Sausage Stew w/Beans<br>Seasoned Carrots<br>Biscuits<br>Spiced Apple Rings   | 25<br>Fried Chicken<br>Mashed Potatoes w/Gravy<br>Breaded Tomatoes<br>Dinner Roll<br>Seasonal Dessert     | 26<br>Cheese Manicotti<br>Broccoli<br>Corn<br>Whole Grain Wheat (1)<br>Pudding   | 27<br>Salisbury Beef Pattie<br>Mashed Potatoes<br>Spinach<br>Dinner Roll<br>Banana Bread w/Cream Cheese            | 28<br>White Fish Burger w/Condiment<br>Baked Beans<br>Fruit Juice<br>Bun<br>Scalloped Pineapple               |

**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 March 2020

|  |   |  |  |   |
|--|---|--|--|---|
| 2<br>Beef Stew w/Potatoes,<br>Carrots & Onions<br>Seasoned Greens<br>Biscuits<br>Tropical Fruit                                    | 3<br>Chili Mac<br>Tossed Salad<br>Dinner Roll<br>Warm Cinnamon<br>Peaches   | 4<br>Chicken Tetrazzini<br>Peas and Onions<br>Seasoned Green Beans<br>w/Pimentos<br>Whole Grain Wheat (1)<br>Chunky Applesauce | 5<br>Roast Beef in Gravy<br>Mashed Potatoes<br>Cabbage Tomato Au<br>Gratin<br>Dinner Roll<br>Overnight Fruit Salad | 6<br>Salmon Loaf<br>Frosted Sweet Potatoes<br>Midori Blend<br>Vegetables<br>Whole Grain Wheat (1)<br>Pears                |
| 9<br>Beef Tips in Gravy<br>Mashed Potatoes<br>Italian Green Beans<br>w/Tomato, Onion &<br>Bacon<br>Texas Toast<br>Mandarin Oranges | 10<br>Ham and Beans<br>Pickled Beets<br>Cornbread<br>Peaches  | 11<br>Turkey Pot Roast<br>w/Baby Carrots &<br>Celery<br>Corn Casserole<br>Dinner Roll<br>Pineapple Tidbits                     | 12<br>Meatloaf<br>Delmonico Potatoes<br>Broccoli & Cauliflower<br>Dinner Roll<br>Cranberry Apple Salad             | 13<br>Tuna Noodle Casserole<br>Peas and Carrots<br>Bean Medley<br>Whole Grain Wheat (1)<br>Gelatin with Fruit             |
| 16<br>Beef and Noodles<br>Mashed Potatoes<br>Brussels Sprouts<br>Whole Grain Wheat (1)<br>Apricots                                 | 17<br>Pork Chop Sandwich<br>Buttered Baby Baker<br>Potatoes<br>Mexi Corn with Lima<br>Beans<br>Bun<br>Fruit Juice | 18<br>Swissed Beef Patties w/<br>Tomato, Onion, Celery,<br>Green Pepper<br>Creamy Coleslaw<br>Dinner Roll<br>Warm Fruit Crisp  | 19<br>Breakfast Casserole<br>Warm Rosy Applesauce<br>Fruit Juice<br>Cinnamon Roll<br>Cranberries                   | 20<br>Salmon Burger<br>w/Condiment<br>Venetian Blend<br>Vegetables<br>Potato Casserole<br>Dinner Roll<br>Mandarin Oranges |
| 23<br>Savory Sausage Stew<br>w/Beans<br>Seasoned Carrots<br>Biscuits<br>Spiced Apple Rings   | 24<br>Fried Chicken<br>Mashed Potatoes<br>w/Gravy<br>Breaded Tomatoes<br>Dinner Roll<br>Seasonal Dessert          | 25<br>Ravioli w/Meat Sauce<br>Broccoli<br>Corn<br>Whole Grain Wheat<br>Pudding   | 26<br>Salisbury Beef Pattie<br>Mashed Potatoes<br>Spinach<br>Dinner Roll<br>Banana Bread w/Cream<br>Cheese         | 27<br>CHEF'S CHOICE<br>REGIONAL<br>FAVORITES WILL<br>BE SERVED  |
| 30<br>Beef Stew w/ Potatoes,<br>Carrots & Onions<br>Seasoned Greens<br>Biscuits<br>Tropical Fruit                                  | 31<br>Chili Mac<br>Tossed Salad<br>Dinner Roll<br>Warm Cinnamon<br>Peaches  |  |  |   |

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