Peace Meal Senior Nutrition Program February 2020

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Beef Stew with	Chili Mac	Chicken Tetrazzini	Roast Beef in Gravy	Baked Ham
Potatoes, Carrots	Tossed Salad	Peas and Onions	Mashed Potatoes	Frosted Sweet Potatoes
&Onions	Dinner Roll	Seasoned Green Beans	Cabbage Tomato	Midori Blend
Seasoned Greens	Warm Cinnamon	w/Pimentos	Au Gratin	Vegetables
Biscuits	Peaches	Whole Grain Wheat (1)	Dinner Roll	Whole Grain Wheat (1)
Tropical Fruit		Chunky Applesauce	Overnight Fruit Salad	Pears
10	11	12	13	14
Beef Tips in Gravy	Ham and Beans	Turkey Pot Roast with	Meatloaf	Stuffed Peppers
Mashed Potatoes	Pickled Beets	Baby Carrots & Celery	Delmonico Potatoes	Peas and Carrots
Italian Green Beans	Cornbread	Corn Casserole	Broccoli & Cauliflower	Bean Medley
w/Tomato, Onion and	Peaches	Dinner Roll	Dinner Roll	Whole Grain Wheat (1)
Bacon		Pineapple Tidbits	Cranberry Apple Salad	Gelatin with Fruit
Texas Toast		11	5 11	
Mandarin Oranges				
17	18	19	20	21
Beef and Noodles	Pork Chop Sandwich	Swissed Beef Patties	Breakfast Casserole	Chicken Parmesan
Mashed Potatoes	Buttered Baby Baker	w/Tomato, Onion,	Warm Rosy Applesauce	Venetian Blend
Brussels Sprouts	Potatoes	Celery, Green Pepper	Fruit Juice	Vegetables
Whole Grain Wheat (1)	Mexi Corn w/ Lima	Creamy Coleslaw	Cinnamon Roll	Potato Casserole
Apricots	Beans	Dinner Roll	Cranberries	Dinner Roll
1	Bun	Warm Fruit Crisp		Mandarin Oranges
	Fruit Juice	1		2
24	25	26	27	28
Savory Sausage Stew	Fried Chicken	Cheese Manicotti	Salisbury Beef Pattie	White Fish Burger
w/Beans	Mashed Potatoes	Broccoli	Mashed Potatoes	w/Condiment
Seasoned Carrots	w/Gravy	Corn	Spinach	Baked Beans
Biscuits	Breaded Tomatoes	Whole Grain Wheat (1)	Dinner Roll	Fruit Juice
Spiced Apple Rings	Dinner Roll	Pudding	Banana Bread w/Cream	Bun
	Seasonal Dessert		Cheese	Scalloped Pineapple
	Seasonal Dessert		Cheese	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

23456Beef Stew WyOtatoes, Carrots & Onions Seasoned Greens BiscuitsChili Mac Tossed Salad Dinner RollChicken Tetrazzini Peas and Onions Seasoned Green Beans Whole Grain Wheat (1) Chunky ApplesauceRoast Beef in Gravy Mashed Potatoes GratinSalmon Loaf Frosted Sweet Potatoes Midori Blend Vegetables910111213Beef Tips in Gravy Mashed Potatoes Pickled Beets10111213Turkey Pot Roast W/Tomato, Onion & Bacon Texas Toast MoholesCelery Pickled BeetsMeatloaf Dinner Roll Dinner RollTurkey Pot Roast Pincapple TidbitsMeatloaf Dinner Roll Cornbread Dinner RollTura Noodle Casserole Peas and Carrots Dinner Roll Dinner Roll Cranberry Apple Salad1016171819Salmon Burger Worlo Grain Wheat (1) Gelatin with Fruit2016171819Salmon Burger Worlo Grain Wheat (1) Dinner Roll Dinner Roll Warn Rosy ApplesauceSalmon Burger Worlo Grain Wheat (1) Gelatin with Fruit23242526272324252627242526272526272627202724252628Spinach PotatocSpinach Potato Casserole3031Chili Mac Seasonel GreensSpinach Potatoes31Chili Mae Torased SaladCrain Wheat Corm3231Chili Mae <b< th=""><th></th><th>•</th><th></th><th>•</th><th></th></b<>		•		•	
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	Tropical Fruit	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.