

Peace Meal Senior Nutrition Program June 2020

1 Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat Mandarin Oranges	2 Creamed Chicken w/Green Onion & Pimento Italian Green Beans Biscuits Sliced Pineapple	3 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Gelatin w/Fruit Rye Bread Oatmeal Cookie w/Raisins	4 Mostacioli w/Meat Sauce Romaine Salad w/Dressing Pkt. Mixed Vegetables Dinner Roll Fruit Juice	5 Swedish Meatballs Mashed Potatoes Spinach Whole Grain Wheat Fruit Pie
8 Sausage and Gravy Mini Potato Bakers Warm Fruit Compote Biscuits Fruit Juice	9 Taco Salad w/Meat, Cheese Beans, Lettuce, Tomato Sour Cream & Taco Sauce Sliced Peaches Taco Chips Pudding	10 Pepper Beef over Brown Rice Peas and Carrots Warm Cinnamon Baked Apples Whole Grain Wheat Fresh Fruit	11 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Mandarin Oranges	12 Roasted Pork Loin Baked Beans Sicilian Veggie Mix Apricots Whole Grain Wheat Graham Crackers
15 Sloppy Joe Sandwich Brussels Sprouts Scalloped Corn Bun Apple Slices	16 Focaccia Chicken Breast Potato Casserole Seasoned Greens Texas Toast Tropical Fruit	17 Ham and Beans Copper Carrots Cornbread Sliced Pears	18 Meat Loaf Mashed Potatoes w/Gravy Broccoli Whole Grain Wheat Pineapple Tidbits	19 Chicken Salad Tortellini Vegetable Soup Creamy Cole Slaw Assorted Crackers Fruit Salad
22 Chicken and Noodles Mashed Potatoes Green and Wax Beans w/Bacon & Onion Whole Grain Wheat Fresh Grapes	23 Saucy Cabbage Rolls Corn Dinner Roll Hawaiian Salad	24 Shepherd's Pie Harvard Beets Dinner Roll Pears	25 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	26 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
29 Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat Mandarin Oranges	30 Creamed Chicken w/Green Onion & Pimento Italian Green Beans Biscuits Sliced 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.