Peace Meal Senior Nutrition Program May 2024

6	7	1 Beef and Noodles Seasoned Greens Carrots Banana Pudding	Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry Salad Whole Grain Bun
Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney Bean Salad Bread/Roll	Lasagna Green Beans Romaine Side Salad Berry Crisp	BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini Sub Roll	Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
Chicken and Wild Rice Soup Bean Salad Carrot and Raisin Salad Fruit Crackers	14 Ham Loaf with Glaze Mashed Sweet Potatoes Brussels Sprouts Pineapple Chunks Bread/Roll	15 Salisbury Steak Mashed Potatoes with Brown Gravy Peas and Pearl Onions Broccoli salad Bread/Roll	Spaghetti w/Meat Sauce Squash Seasoned Green Beans Romaine Side Salad	17 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread/Roll
20 Polish Sausage with Sauerkraut Baby Bakers Stewed Tomatoes Fruit Bread	21 Meatloaf Au Gratin Potatoes Creamed Peas Five Cup Salad Bread/Roll	Chicken Pot Pie Buttery Lemon Potatoes Broccoli Florets Cherry Fluff Biscuit	23 Pepper Steak over Rice Kyoto Vegetables Warm Apples Heritage Cole Slaw	24 Chicken Ravioli with Mushroom Sauce Nantucket Vegetables Cauliflower Fresh Fruit
27 Closed for Memorial Day Observance	28 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit	29 Beef and Noodles Seasoned Greens Carrots Banana Pudding	30 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Kitchen Choice Treat	31 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry salad Whole Grain Bread

For Reservations Call 1-800-543-1770

OSkim 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 \$4.00 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 June 2024

3	4	5	6	7
Breakfast Casserole	Fried Chicken	Lasagna	BBQ Riblet	Chicken Strips
Warm Michigan Fruit	Twice Baked Mashed	Green Beans	Parmesan Roasted	Mashed Potatoes with
Roasted Sweet	Potatoes	Romaine Side Salad	Potatoes	White Gravy
Potatoes	Honey Glazed Baby	Berry Crisp	Creamed Corn	Garlic Vegetables
Fruit Juice	Carrots		Coleslaw	Fruit or Salad
Muffin or Cinnamon	Kidney bean salad		Mini Sub Roll	Bread/Roll
Roll	Bread/Roll			
10	11	12	13	14
Chicken and Wild	Ham Loaf with Glaze	Salisbury Steak	Spaghetti w/Meat	Salsa Chicken
Rice Soup	Mashed Sweet	Mashed Potatoes with	Sauce	Tater Tots
3 Bean Salad	Potatoes	Brown Gravy	Squash	Corn and Black Beans
Carrot and Raisin	Brussels Sprouts	Peas and Pearl Onions	Seasoned Green Beans	Fruit
Salad	Pineapple Chunks	Broccoli Salad	Romaine Side Salad	Bread/Roll
Fruit	Bread/Roll	Bread/Roll		
Crackers				
17	18	19	20	21
Polish Sausage with	Meatloaf	Chicken Pot Pie	Pepper Steak over	Chicken Ravioli with
Sauerkraut	Au Gratin Potatoes	Buttery Lemon	Rice	Mushroom Sauce
Baby Bakers	Creamed Peas	Potatoes	Kyoto Vegetables	Nantucket Vegetables
Stewed Tomatoes	Five Cup Salad	Broccoli Florets	Warm Apples	Cauliflower
Fruit	Bread/Roll	Cherry Fluff	Heritage Cole Slaw	Fresh Fruit
Bread		Biscuit		
24	25	26	27	28
Sloppy Joes	Biscuits and Gravy	Beef and Noodles	Taco Salad w/Meat,	Chef's Choice
Baked Beans	Paco Vegetable Blend	Seasoned Greens	Lettuce, Beans,	Regional Favorites
Fire Roasted Corn	Warm Fruit	Carrots	Tomatoes & Salsa	Will Be Served
Fruit	Fruit Juice	Banana Pudding	Fruit	
Whole Grain Bun	Whole Grain Biscuit	_	Whole Grain Chips Dessert	

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