

Peace Meal Senior Nutrition Program May 2024

		1 Beef and Noodles Seasoned Greens Carrots Banana Pudding	2 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	3 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry Salad Whole Grain Bun
6 Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	7 Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney Bean Salad Bread/Roll	8 Lasagna Green Beans Romaine Side Salad Berry Crisp	9 BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini Sub Roll	10 Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
13 Chicken and Wild Rice Soup 3 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	16 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	22 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

0Skim 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 Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	4 Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney bean salad Bread/Roll	5 Lasagna Green Beans Romaine Side Salad Berry Crisp	6 BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini Sub Roll	7 Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
10 Chicken and Wild Rice Soup 3 Bean Salad Carrot and Raisin Salad Fruit Crackers	11 Ham Loaf with Glaze Mashed Sweet Potatoes Brussels Sprouts Pineapple Chunks Bread/Roll	12 Salisbury Steak Mashed Potatoes with Brown Gravy Peas and Pearl Onions Broccoli Salad Bread/Roll	13 Spaghetti w/Meat Sauce Squash Seasoned Green Beans Romaine Side Salad	14 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread/Roll
17 Polish Sausage with Sauerkraut Baby Bakers Stewed Tomatoes Fruit Bread	18 Meatloaf Au Gratin Potatoes Creamed Peas Five Cup Salad Bread/Roll	19 Chicken Pot Pie Buttery Lemon Potatoes Broccoli Florets Cherry Fluff Biscuit	20 Pepper Steak over Rice Kyoto Vegetables Warm Apples Heritage Cole Slaw	21 Chicken Ravioli with Mushroom Sauce Nantucket Vegetables Cauliflower Fresh Fruit
24 Sloppy Joes Baked Beans Fire Roasted Corn Fruit Whole Grain Bun	25 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit	26 Beef and Noodles Seasoned Greens Carrots Banana Pudding	27 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	28 Chef's Choice Regional Favorites Will Be Served

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