

Peace Meal Senior Nutrition Program May 2021

3 Sloppy Jo Sandwich Rosemary Roasted Potatoes Mixed Vegetables Bun Craisins	4 Brat Baked Beans Corn Bun Cinnamon Applesauce	5 Fried Chicken Mashed Potatoes & Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin	6 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad	7 Mostaccioli w/Meaty Sauce Corn Creamy Cole Slaw Whole Grain Wheat Warm Fruit Cobbler
10 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	11 Chili W/Beans Tossed Salad w/Dressing Pkt. Crackers Mandarin Oranges	12 Beef Pot Roast w/Potatoes, Carrots, & Onions Seasoned Greens Roll Pineapple	13 Chicken and Noodles Mashed Potatoes 3-Bean Salad Whole Grain Wheat Warm Fruit Crisp	14 Taco Salad w/Beans, Lettuce, Cheese, Tomatoes, Sour Cream & Taco Sauce Diced Pears Taco Chips Brownie Bites
17 Pork Chop in Gravy Mashed Potatoes Broccoli Whole Grain Wheat Whole Grain Fruit Bar	18 Stuffed Chicken Breast Scalloped Potatoes Spinach Whole Grain Wheat Pears	19 Ham and Beans Pickled Beets Cornbread Peaches	20 Turkey Tetrizzini Sweet Cinnamon Carrots Italian Green Beans Whole Grain Wheat Pineapple Slices	21 Focaccia Chicken Twice Baked Potato Casserole Corn Texas Toast Fresh Fruit
24 Beef Stroganoff over Noodles Tomatoes & Zucchini Seasoned Green Beans Whole Grain Wheat Fruit Juice	25 Creamed Chicken w/Green Onions & Pimentos Parsley Buttered Potatoes Seasoned Peas Biscuit Mandarin Oranges	26 Pepper Beef over Brown Rice Lima beans Harvard Beets Whole Grain Wheat Chunky Applesauce	27 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	28 Chicken Salad Sandwich Creamy Broccoli Soup Peaches Crackers & Bun Oatmeal Raisin Cookie
31 CLOSED FOR MEMORIAL DAY HOLIDAY				

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.

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	1 Brat Baked Beans Corn Bun Craisins	2 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin	3 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad	4 Mostaccioli w/Meaty Sauce Corn Creamy Cole slaw Whole Grain Wheat Warm Fruit Cobbler
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28 Sloppy Joe Sandwich Rosemary roasted Potatoes Mixed Vegetables Bun Craisins	29 Brat Baked Beans Corn Bun Cinnamon Applesauce	30 Fried Chicken Mashed Potatoes & Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin		

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