Peace Meal Senior Nutrition Program May 2021

		_	-	1
3	4	5	6	7
Sloppy Jo Sandwich	Brat	Fried Chicken	Baked Ham	Mostaccioli w/Meaty
Rosemary Roasted	Baked Beans	Mashed Potatoes &	Frosted Sweet Potatoes	Sauce
Potatoes	Corn	Gravy	Brussels Sprouts	Corn
Mixed Vegetables	Bun	Breaded Tomatoes	Rye Bread	Creamy Cole Slaw
Bun	Cinnamon Applesauce	Whole Grain Wheat	Fruit Salad	Whole Grain Wheat
Craisins		Dreamsicle Gelatin		Warm Fruit Cobbler
10	11	12	13	14
Sausage in Gravy	Chili W/Beans	Beef Pot Roast	Chicken and Noodles	Taco Salad w/Beans,
Mini Potato Bakers	Tossed Salad	w/Potatoes, Carrots, &	Mashed Potatoes	Lettuce, Cheese,
Fruit Juice	w/Dressing Pkt.	Onions	3-Bean Salad	Tomatoes, Sour Cream
Biscuits	Crackers	Seasoned Greens	Whole Grain Wheat	& Taco Sauce
Warm Cinnamon	Mandarin Oranges	Roll	Warm Fruit Crisp	Diced Pears
Buttered Apples		Pineapple	1	Taco Chips
rr		T. T.		Brownie Bites
17	18	19	20	21
Pork Chop in Gravy	Stuffed Chicken Breast	Ham and Beans	Turkey Tetrazzini	Focaccia Chicken
Mashed Potatoes	Scalloped Potatoes	Pickled Beets	Sweet Cinnamon	Twice Baked Potato
Broccoli	Spinach	Cornbread	Carrots	Casserole
Whole Grain Wheat	Whole Grain Wheat	Peaches	Italian Green Beans	Corn
Whole Grain Fruit Bar	Pears		Whole Grain Wheat	Texas Toast
Whole Grain Francisch	Tours		Pineapple Slices	Fresh Fruit
24	25	26	27	28
Beef Stroganoff over	Creamed Chicken	Pepper Beef over	Meatloaf	Chicken Salad
Noodles	w/Green Onions &	Brown Rice	Mashed Potatoes	Sandwich
Tomatoes & Zucchini	Pimentos	Lima beans	w/Gravy	Creamy Broccoli Soup
Seasoned Green Beans	Parsley Buttered	Harvard Beets	Midori Blend Veggies	Peaches
Whole Grain Wheat	Potatoes	Whole Grain Wheat	Whole Grain Wheat	Crackers & Bun
Fruit Juice	Seasoned Peas	Chunky Applesauce	Sunshine Salad	Oatmeal Raisin Cookie
Trait saice	Biscuit	Спанку търгезавее	Sunsimic Sulud	Sutment Raisin Cookie
	Mandarin Oranges			
31	Transactin Oranges			
CLOSED FOR				
MEMORIAL DAY				
HOLIDAY				
HOLIDAT				1

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 June 2021

7 Sausage In Gravy	1 Brat Baked Beans Corn Bun Craisins 8 Chili w/Beans	Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin 9 Beef Pot Roast	3 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad 10 Chicken & Noodles	4 Mostaccioli w/Meaty Sauce Corn Creamy Cole slaw Whole Grain Wheat Warm Fruit Cobbler 11 Taco Salad w/Beans,
Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	Tossed Salad w/Dressing Pkt. Crackers Mandarin Oranges	w/Potatoes, Carrots, & Onions Seasoned Greens Roll Pineapple	Mashed Potatoes 3-Bean Salad Whole Grain Wheat Warm Fruit Crisp	Lettuce, Cheese, Tomatoes, Sour Cream & Taco Sauce Diced Pears Taco Ships Brownie Bites
14 Pork Chop in Gravy Mashed Potatoes Broccoli Whole Grain Wheat Whole Grain Fruit Bar	Stuffed Chicken Breast Scalloped Potatoes Spinach Whole Grain Wheat Pears	16 Ham and Beans Pickled Beets Cornbread Peaches	Turkey Tetrazzini Sweet Cinnamon Carrots Italian Green Beans Whole Grain Wheat Pineapple Slices	Focaccia Chicken Twice Baked Potato Casserole Corn Texas Toast Fresh Fruit
21 Beef Stroganoff over Noodles Tomatoes & Zucchini Seasoned Green Beans Whole Grain Wheat Fruit Juice	Creamed Chicken w/Green Onions & Pimentos Parsley Buttered Potatoes Seasoned Peas Biscuit Mandarin Oranges	Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Wheat Chunky Applesauce	24 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	25 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
28 Sloppy Joe Sandwich Rosemary roasted Potatoes Mixed Vegetables Bun Craisins	29 Brat Barked Beans Corn Bun Cinnamon Applesauce	30 Fried Chicken Mashed Potatoes & Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin		

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