

Peace Meal Senior Nutrition Program January 2023

2 Closed for New Year's Holiday	3 Pulled Pork Corn Lima Beans Potato Salad Bun	4 Taco Salad Sliced Pears Whole Grain Chips Dessert	5 Gnocchi Chicken Bake Broccoli Peas and Pearl Onions Fruit Dessert	6 Vegetable Lasagna Seasoned Green Beans Cinnamon Applesauce Romaine Salad w/dressing
9 Sausage and Gravy Paco Vegetables Hot Fruit Compote Juice Biscuit	10 Beef and Noodles Herbed Peas Stewed Tomatoes Fruit	11 Fried Chicken Hash Brown Casserole Seasoned Green Beans Coleslaw Roll	12 Skillet Rice w/Ground Beef Lyonnais Carrots Fruit Dessert Cornbread	13 Breaded Pangasius Fish Ranchero Beans Brussels Sprouts Romaine Salad Bun
16 Ham and Beans Copper Carrots Fruit Cornbread	17 Chicken Parmesan Green Beans Yellow Squash Romaine Salad Spaghetti	18 Meatloaf Mashed Potatoes w/Gravy Zucchini & Tomatoes Three Bean Salad Bread	19 Steak Bites over Noodles Hot Greens Basil Carrots Fruit	20 Salmon Burger Baked Beans Broccoli-Cauliflower Salad Fruit Crisp Bun
23 Cowboy Casserole Corn Applesauce Dessert	24 Marinated Pork Loin Twice Baked Potato Casserole Green Bean Italiano Mixed Tropical Fruit Roll	25 Beef Stew w/Potatoes and Carrots Seasoned Cauliflower Cole Slaw Biscuit	26 Italian Chicken over Rice Roasted Root Veggies Tomatoes with Basil Peaches	27 Tuna Noodle Casserole Peas Baked Onions Pineapple Bread
30 Three Bean Chili Pickled Beets Fruit Cornbread and Crackers	31 Pulled Pork Corn Lima Beans Potato Salad Bun			

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 Taco Salad Sliced Pears Whole Grain Chips Dessert	2 Gnocchi Chicken Bake Broccoli Peas & Pearl Onions Fruit Dessert	3 Vegetable Lasagna Seasoned Green Beans Cinnamon Applesauce Romaine Salad
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