

Peace Meal Senior Nutrition Program February 2019

				1 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
4 Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	5 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	6 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Banana	7 Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	8 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain What (1) Gelatin with ½ C Fruit
11 Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	12 Turkey Pot Roast w/ Baby Carrots & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13 Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain wheat (1) Chunky Applesauce	14 Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit Salad	15 Ham Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit
18 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Whole Grain Wheat (1) Mandarin Oranges	19 Ham and Beans Pickled Beets Cornbread Peaches	20 Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears	21 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	22 Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
25 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	26 Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	27 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	28 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	

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 March 2019

				1 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
4 Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	5 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	6 Cheese Manicotti (2) w/Red Sauce Broccoli Corn Whole Grain Wheat (1) Banana	7 Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	8 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin w/ ½ C Fruit
11 Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	12 Turkey Pot Roast with Baby Carrot & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13 Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	14 Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit salad	15 Salmon Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit
18 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion and Bacon Whole Grain Wheat (1) Mandarin Oranges	19 Ham and Beans Pickled Beets Cornbread Peaches	20 Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears	21 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	22 Whitefish Burger w/Sauce Pkt. Baked Beans Fruit Juice Bun Scalloped Pineapple
25 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	26 Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	27 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	28 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	29 Salmon Burger with Sauce Packet Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit

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