

Peace Meal Senior Nutrition Program

March 2024

				1 Lemon Herb White Fish Baked Onions Honey Glazed Carrots Romaine Salad Bread
4 Chili with Beans Vegetable Pasta Salad Pineapple Crackers and Cornbread Pudding Cup	5 Chicken Enchiladas Fire Roasted Corn Seasoned Pinto Beans Mexican Coleslaw	6 Meatloaf Cheesy Potatoes Seasoned Greens Romaine Salad Roll	7 Breakfast Casserole Roasted Red Potatoes Spiced Apple Rings Grapes	8 Tuna Casserole Herbed Peas Hot Beets Fruit
11 Biscuits and Gravy Harvest Blend Veggies Hot Fruit Fruit Juice	12 Salisbury Steak Mashed Potatoes w/Gravy Tomatoes & Zucchini Mandarin Oranges Bread	13 Chicken and Noodles Peas & Pearl Onions Cinnamon Carrots Pistachio or Watergate Salad	14 Turkey Pot Roast Baby Bakers Green Beans Broccoli Cauliflower Salad Bread	15 Cheese Salad Hearty Bean Soup Salad Tropical Fruit Bread
18 Pulled Chicken BBQ Roasted Potatoes Black-Eyed Pea Salad Fruit Bun	19 Shepherd's Pie Breaded Tomatoes Fruit Biscuit Cookie	20 Fried Chicken German Potato Salad Mixed Vegetables 5 Cup Salad Bread	21 Turkey Tetrazzini Italian Green Beans Basil Carrots Cherry Fluff	22 Southern Breaded Fish Sandwich Baked Beans Southwestern Corn Apricots Bun
25 Ham and Beans Copper Carrots Pears Cornbread	26 Grilled Chicken Fettuccini Alfredo Broccoli Stewed Tomatoes Pea Salad	27 Beef Manhattan Mashed Potatoes & Gravy Seasoned Green Beans Hot Spiced Peaches Bread Cookie	28 Meatball Sandwich w/Marinara Seasoned Peas Potato Salad Chunky Applesauce Mini Sub Bun	29 CLOSED FOR THE GOOD FRIDAY 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.

Peace Meal Senior Nutrition Program

April 2024

1 Sloppy Joes Baked Beans Fire Roasted Corn Fruit Whole Grain Bun	2 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit	3 Beef and Noodles Seasoned Greens Carrots Banana Pudding	4 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	5 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry salad Whole Grain Bun
8 Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	9 Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney Bean Salad Bread/Roll	10 Lasagna Green Beans Romaine Side Salad Berry Crisp	11 BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini sub Roll	12 Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
15 Chicken and Wild Rice Soup 3 Bean Salad Carrot and Raisin Salad Fruit Crackers	16 Ham Loaf with Glaze Mashed Sweet Potatoes Brussels Sprouts Pineapple Chunks Bread/Roll	17 Salisbury Steak Mashed Potatoes with Brown Gravy Peas and Pearl Onions Broccoli salad Bread/Roll	18 Spaghetti w/Meat Sauce Squash Seasoned Green Beans Romaine Side Salad	19 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread/Roll
22 Polish Sausage with Sauerkraut Baby Bakers Stewed Tomatoes Fruit Bread	23 Meatloaf Au Gratin Potatoes Creamed Peas Five Cup Salad Bread/Roll	24 Chicken Pot Pie Buttery Lemon Potatoes Broccoli Florets Cherry Fluff Biscuit	25 Pepper Steak over Rice Kyoto Vegetables Warm Apples Heritage Cole Slaw	26 Chicken Ravioli with Mushroom Sauce Nantucket Vegetables Cauliflower Fresh Fruit
29 Sloppy Joes Baked Beans Fire Roasted Corn Fruit Whole Grain Bun	30 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit			

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.