

Peace Meal Senior Nutrition Program May 2022

2 Chicken and Noodles Buttered Peas Mashed Potatoes Apricots Roll	3 Saucy Cabbage Rolls Sicilian Veggie Mix Grapes Whole Grain Bread Whole Grain Crisp	4 Fried Chicken Delmonico Potatoes Corn & Black Beans Oatmeal Apple Bar Roll	5 Swiss Beef Pattie w/Mushroom Gravy Mashed Potatoes Kyoto Veggie Blend Pears Whole Grain Bread or Roll	6 Vegetable Lasagna Green Beans Rosy Applesauce Romaine Salad w/Dressing Pkt. Croutons
9 Vegetable Beef Soup Pickled Beets Peaches Crackers Pudding	10 Sweet & Sour Chicken Oriental Vegetables Cornbread Pineapple Whole Grain Rice	11 Mostaccioli w/Meat Sauce Italian Green Beans w/Onion Corn Romaine Salad w/Dressing Pkt.	12 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Fruit Cocktail Whole Grain Roll	13 Salmon Burger w/condiment Brussels Sprouts Scalloped Potatoes Hawaiian Salad Bun
16 Sausage Gravy Hash Rounds Warm Fruit Compote Orange Juice Biscuit	17 Chicken Patty Baked Beans Corn Apricots Bun	18 Taco Salad w/ Lettuce/Spinach, Beans, Tomatoes, and Salsa Pears Whole Grain Taco Chips Pudding	19 Roast Pork Loin w/Gravy Breaded Tomatoes Creamed Peas & Potatoes Pineapple Whole Grain Rice	20 Pepper Steak Romaine Salad w/Dressing Pkt. Stir Fry Veggies Warm Chunky Applesauce Whole Grain Roll
23 Ham and Beans Copper Carrots Pears Corn Bread	24 Sloppy Joe Corn Casserole Green Beans Cole Slaw Bun	25 Chicken Parmesan w/Marinara Sauce Broccoli Romaine Salad w/Dressing Pkt. Whole Grain Spaghetti	26 Meatloaf Cheesy Potato Casserole Tomatoes & Zucchini Tropical Fruit Salad Whole Grain Roll	27 Southern Breaded Pangasius w/Tartar Hot Fruit Compote Baked Onions Cauliflower & Pea Salad Bun
30 CLOSED FOR MEMORIAL DAY HOLIDAY	31 Saucy Cabbage Rolls Sicilian Veggie Mix Grapes Whole Grain Bread Whole Grain Fruit Crisp			

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 2022

		1 Fried Chicken Delmonico Potatoes Corn & Black Beans Oatmeal Apple Bar Roll	2 Swiss Beef Pattie w/Mushroom Gravy Mashed Potatoes Kyoto Veggie Blend Pears Whole Grain Bread or Roll	3 Vegetable Lasagna Green Beans Rosy Applesauce Romaine Salad w/Dressing Pkt. Croutons
6 Vegetable Beef Soup Pickled Beets Peaches Crackers Pudding	7 Sweet & Sour Chicken Oriental Vegetables Cornbread Pineapple Whole Grain Rice	8 Mostaccioli w/Meat Sauce Italian Green Beans w/Onion Corn Romaine Salad w/dressing Pkt.	9 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Fruit Cocktail Whole Grain Roll	10 Salmon Burger w/condiment Brussels Sprouts Scalloped Potatoes Hawaiian Salad Bun
13 Sausage Gravy Hash Rounds Warm Fruit Compote Orange Juice Biscuit	14 Chicken Patty Baked Beans Corn Apricots Bun	15 Taco Salad w/Lettuce/Spinach, Beans, Tomatoes, and Salsa Pears Whole Grain Taco Chips Pudding	16 Roast Pork Loin w/Gravy Breaded Tomatoes Creamed Peas & Potatoes Pineapple Whole Grain Rice	17 Pepper Steak Romaine Salad w/Dressing Pkt. Stir Fry Veggies Warm Chunky Applesauce Whole Grain Roll
20 Ham and Beans Copper Carrots Pears Corn Bread	21 Sloppy Joe Corn Casserole Green Beans Cole Slaw Bun	22 Chicken Parmesan w/Marinara Sauce Broccoli Romaine Salad w/Dressing Pkt. Whole Grain Apple Crisp Whole Grain Spaghetti	23 Meatloaf Cheesy Potato Casserole Tomatoes & Zucchini Tropical Fruit Salad Whole Grain Roll	24 Southern Breaded Pangasius w/Tartar Hot Fruit Compote Baked Onions Cauliflower & Pea Salad Bun
27 Chicken and Noodles Buttered Peas Mashed Potatoes Apricots Roll	28 Saucy Cabbage Rolls Sicilian Veggie Mix Grapes Whole Grain Bread Whole Grain Fruit Crisp	29 Fried Chicken Delmonico Potatoes Corn & Black Beans Oatmeal Apple Bar Roll	30 Swiss Beef Pattie w/Mushroom Gravy Mashed Potatoes Kyoto Veggie Blend Pears Whole Grain Bread or Roll	July 1 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED.

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