## Peace Meal Senior Nutrition Program July 2025

June 30	July 1	2	3	4
Breakfast	Stuffed Peppers	<b>Chicken Parmesan</b>	Sub Sandwich	Closed for
Casserole	Buttered Golden	Casserole	Ham, Turkey,	Independence
Paco Vegetables	Hominy	Kyoto Vegetables	Cheese	
Hot Fruit	Carrots & Peas	Green Beans	Potato Salad	Day
Fruit Juice	Fruit	Peaches	Three Bean Salad	
Muffin	Roll	1 cuciles	Summer Salad	***
7	8	9	10	11
Pork Burger	Ham & Beans	Meatloaf	Chicken Salad	Pizza Spaghetti
& Bun	<b>Copper Carrots</b>	Sour Cream & Chive	Sandwich	Casserole
German Potato	Pineapple	<b>Mashed Potatoes</b>	<b>Tomato Basil Soup</b>	Asparagus
Salad	Cornbread	Carrots	Tangy Coleslaw	Hot Fruit Compote
<b>Baked Beans</b>	Dessert	Tomato Salad	Fruit Dessert	<b>Romaine Side Salad</b>
Fruit		Roll		
14	15	16	17	18
<b>Biscuit &amp; Gravy</b>	Fried Chicken	Beef Stroganoff	<b>Ground Beef Taco</b>	Brat & Bun
<b>Roasted Potatoes</b>	Twice Baked	Hot Seasoned	Salad	<b>Cheesy Potatoes</b>
<b>Hot Spiced Apples</b>	Mashed Potatoes	Greens	Fruit	Roasted Green
Fruit Juice	Stewed Tomatoes	<b>Roasted Corn</b>	Whole Grain Chips	Beans
	Watermelon	Cherry Dump	Dessert Surprise	Vibrant Summer Fruit
	Bread/Roll	Cake	•	Mix
21	22	23	24	25
Meatball Sub	Chicken Strips	Chicken & Noodles	Turkey & Swiss	Southern Breaded
Tater Tots	<b>Mashed Potatoes</b>	<b>Roasted Zucchini</b>	on a Croissant	Fish Sandwich
Succotash	& Gravy	& Squash	Vegetable Soup	Hot Black Eyed Pea
Fruit	Mixed Vegetables	Berry Crisp	Creamy Coleslaw	Salad
	Applesauce	Cucumber Salad	Fruit Salad	Corn
	Bread/Roll		Crackers	Carrot & Raisin Salad
28	29	30	31	
Breakfast	Stuffed Peppers	Chicken Parmesan	Sub Sandwich	
Casserole	Buttered Golden	Casserole	Ham, Turkey,	
Paco Vegetables	Hominy	Kyoto Vegetables	Cheese	
Hot Fruit	Carrots & Peas	Green Beans	<b>Potato Salad</b>	
Fruit Juice	Fruit	Peaches	Three Bean Salad	
Muffin	Roll/Bread		Summer Salad	

## 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 \$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.

## Peace Meal Senior Nutrition Program August 2025

4 Pork Burger & Bun German Potato Salad Baked Beans Fruit	5 Ham & Beans Copper Carrots Pineapple Cornbread Dessert	6 Meatloaf Sour Cream & Chive Mashed Potatoes Carrots Tomato Salad Roll	7 Chicken Salad Sandwich Tomato Basil Soup Tangy Coleslaw Fruit Dessert	1Marinated Pork LoinMashed SweetPotatoesRoasted BrusselsSproutsBroccoli SaladRoll/Bread8Pizza SpaghettiCasseroleAsparagusHot Fruit CompoteRomaine Side Salad
11 Biscuit & Gravy Roasted Potatoes Hot Spiced Apples Fruit Juice	12 Fried Chicken Twice Baked Mashed Potatoes Stewed Tomatoes Watermelon Bread/Roll	13 Beef Stroganoff Hot Seasoned Greens Roasted Corn Cherry Dump Cake	14 Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise	15 Brat & Bun Cheesy Potatoes Roasted Green Beans Vibrant Summer Fruit Mix
18 Meatball Sub Tater Tots Succotash Fruit	19 Chicken Strips Mashed Potatoes & Gravy Mixed Vegetables Applesauce Bread/Roll	20 Chicken & Noodles Roasted Zucchini & Squash Berry Crisp Cucumber Salad	21 Turkey & Swiss on a Croissant Vegetable Soup Creamy Coleslaw Fruit Salad Crackers	22 Southern Breaded Fish Sandwich Hot Black Eyed Pea Salad Corn Carrot & Raisin Salad
25 Breakfast Casserole Paco Vegetables Hot Fruit Fruit Juice Muffin	26 Stuffed Peppers Buttered Golden Hominy Carrots & Peas Fruit Roll	27 Chicken Parmesan Casserole Kyoto Vegetables Green Beans Peaches	28 Sub Sandwich Ham, Turkey, Cheese Potato Salad Three Bean Salad Summer Salad	29 Marinated Pork Loin Mashed Sweet Potatoes Roasted Brussels Sprouts Broccoli Salad Roll/Bread

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