


## Peace Meal Senior Nutrition Program July 2025

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

				<b>1</b> <b>Marinated Pork Loin</b> <b>Mashed Sweet</b> <b>Potatoes</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Broccoli Salad</b> <b>Roll/Bread</b>
<b>4</b> <b>Pork Burger</b> <b>&amp; Bun</b> <b>German Potato</b> <b>Salad</b> <b>Baked Beans</b> <b>Fruit</b>	<b>5</b> <b>Ham &amp; Beans</b> <b>Copper Carrots</b> <b>Pineapple</b> <b>Cornbread</b> <b>Dessert</b>	<b>6</b> <b>Meatloaf</b> <b>Sour Cream &amp; Chive</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Tomato Salad</b> <b>Roll</b>	<b>7</b> <b>Chicken Salad</b> <b>Sandwich</b> <b>Tomato Basil Soup</b> <b>Tangy Coleslaw</b> <b>Fruit Dessert</b>	<b>8</b> <b>Pizza Spaghetti</b> <b>Casserole</b> <b>Asparagus</b> <b>Hot Fruit Compote</b> <b>Romaine Side Salad</b>
<b>11</b> <b>Biscuit &amp; Gravy</b> <b>Roasted Potatoes</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b>	<b>12</b> <b>Fried Chicken</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Stewed Tomatoes</b> <b>Watermelon</b> <b>Bread/Roll</b>	<b>13</b> <b>Beef Stroganoff</b> <b>Hot Seasoned</b> <b>Greens</b> <b>Roasted Corn</b> <b>Cherry Dump</b> <b>Cake</b>	<b>14</b> <b>Ground Beef Taco</b> <b>Salad</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert Surprise</b>	<b>15</b> <b>Brat &amp; Bun</b> <b>Cheesy Potatoes</b> <b>Roasted Green</b> <b>Beans</b> <b>Vibrant Summer</b> <b>Fruit Mix</b>
<b>18</b> <b>Meatball Sub</b> <b>Tater Tots</b> <b>Succotash</b> <b>Fruit</b>	<b>19</b> <b>Chicken Strips</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Mixed Vegetables</b> <b>Applesauce</b> <b>Bread/Roll</b>	<b>20</b> <b>Chicken &amp; Noodles</b> <b>Roasted Zucchini</b> <b>&amp; Squash</b> <b>Berry Crisp</b> <b>Cucumber Salad</b>	<b>21</b> <b>Turkey &amp; Swiss</b> <b>on a Croissant</b> <b>Vegetable Soup</b> <b>Creamy Coleslaw</b> <b>Fruit Salad</b> <b>Crackers</b>	<b>22</b> <b>Southern Breaded</b> <b>Fish Sandwich</b> <b>Hot Black Eyed Pea</b> <b>Salad</b> <b>Corn</b> <b>Carrot &amp; Raisin Salad</b>
<b>25</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Vegetables</b> <b>Hot Fruit</b> <b>Fruit Juice</b> <b>Muffin</b>	<b>26</b> <b>Stuffed Peppers</b> <b>Buttered Golden</b> <b>Hominy</b> <b>Carrots &amp; Peas</b> <b>Fruit</b> <b>Roll</b>	<b>27</b> <b>Chicken Parmesan</b> <b>Casserole</b> <b>Kyoto Vegetables</b> <b>Green Beans</b> <b>Peaches</b>	<b>28</b> <b>Sub Sandwich</b> <b>Ham, Turkey,</b> <b>Cheese</b> <b>Potato Salad</b> <b>Three Bean Salad</b> <b>Summer Salad</b>	<b>29</b> <b>Marinated Pork Loin</b> <b>Mashed Sweet</b> <b>Potatoes</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Broccoli Salad</b> <b>Roll/Bread</b>

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