

Peace Meal Senior Nutrition Program January 2018

1 CLOSED FOR NEW YEAR'S HOLIDAY	2 Cheese Manicotti (2) w/Meat Sauce Mexicorn Broccoli Whole Grain Wheat (1) Pears	3 Beef Stew w/ Potatoes, Carrots, and Onions Three Bean Salad Whole Grain Biscuits Warm Fruit Crisp	4 Pork Chop in Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Apricots	5 Turkey Burger Rosemary Roasted Potatoes Butter Beans Bun Pineapple Slice
8 Country Fried Steak Mashed Potatoes w/Gravy Spinach Dinner Roll Fruit Cocktail	9 Ham and Beans Copper Carrots Cornbread Mandarin Oranges & Pineapple Tidbits	10 Lasagna Mixed Lettuce Salad Dressing Packet Green & Wax Beans w/Pimentos Whole Grain Wheat (1) Warm Cinnamon Peaches	11 Fried Chicken Mashed Potatoes w/Gravy Broccoli and Cauliflower Texas Toast Chunky Applesauce	12 Ham or Cheese Salad Hearty Vegetable Soup Diced Pears & Fresh Grapes Bread & Crackers Pumpkin Bar
15 Saucy Stuffed Peppers Corn Lima Beans Whole Grain Wheat (1) Frudel Bar	16 Baked Ham Mixed Vegetables Frosted Sweet Potatoes Rye Bread (2) Overnight Fruit Salad	17 Turkey Pot Roast w/ Carrots & Celery Macaroni and Cheese Italian Green Beans Melon Chunks Whole Grain Wheat (1) Cookie	18 Meatloaf Mashed Potatoes w/Gravy Peas Dinner Roll Peaches	19 Hamburger Buttered Baby Baker Potatoes Creamy Coleslaw Bun Warm Baked Apple
22 Swiss Beef Pattie w/Green Peppers, Onions, and Tomatoes Brown Rice Corn Whole Grain Wheat (1) Applesauce	23 Taco Salad w/Meat, Cheese, and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Mandarin Oranges Taco Chips Cake	24 Roast Beef in Gravy Mashed Potatoes Seasoned Greens Texas Toast Plums	25 Stuffed Chicken Breast Baked Onions Midori Blend Vegetables Whole Grain Wheat (1) Pineapple Pistachio Pudding	26 Tuna Noodle Casserole Peas Harvard Beets Whole Grain Wheat (1) Fresh Fruit
29 Chicken and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (10) Tropical Fruit	30 Cheese Manicotti (2) w/Meat Sauce Mexicorn Broccoli Whole Grain Wheat (1) Pears	31 Beef Stew w/Potatoes, Carrots, and Onions Three Bean Salad Whole Grain Biscuits Warm 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.