

## Peace Meal Senior Nutrition Program August 2020

3 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	4 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	5 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	6 Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Dreamsicle Gelatin	7 Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches
10 Pulled Chicken Sandwich Macaroni and Cheese w/Peas Broccoli Bun Tropical Fruit	11 Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Fresh Fruit	12 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	13 Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	14 Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
17 Pork Burger Sandwich Midori Blend Vegetables Harvard Beets Bun Apple Slices	18 Fried Chicken Mashed Potatoes w/Gravy Brussels sprouts Texas Toast Water Melon	19 Turkey Salad w/Grapes Cucumber/Onion salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	20 Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	21 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
24 Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnais Carrots Whole Grain Wheat (1) Pears	25 Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	26 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	27 Cheese, Ham, Chicken, or Tuna Salad Creamy Vegetable Soup Gelatin w/Fruit Assorted Crackers Peaches	28 Taco Salad w/Meat, Beans and Cheese Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding
31 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites				

### 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 September 2020

	1 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	2 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	3 Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Deamsicle Gelatin	4 Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches
7 CLOSED FOR LABOR DAY HOLIDAY	8 Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Craisins	9 Chili Mac with Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	10 Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	11 Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
14 Pork Burger Sandwich Midori Blend Veggies Harvard Beets Bun Apple Slices	15 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Water Melon	16 Turkey Salad w/Grapes Cucumber/Onion Salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	17 Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	18 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
21 Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnaise Carrots Whole Grain Wheat (1) Pears	22 Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	23 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	24 CHEF'S CHOICE REGIONAL FAVORTIES WILL BE SERVED	25 Taco Salad w/Meat, Beans, Cheese Lettuce, Tomatoes, Sour Cream, and Taco Sauce Mandarin Oranges Taco chips Pudding
28 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	29 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	30 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe		

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