

Peace Meal Senior Nutrition Program April 2020

		1 Shepherd's Pie Harvard Beets Pears Dinner Roll	2 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	3 Fish Sandwich w/Condiment Macaroni and Cheese Broccoli Fruit Juice Bun Peaches
6 Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat (1) Mandarin Oranges	7 Creamed Chicken w/Green Onions & Pimento Italian Green Beans Biscuits Sliced Pineapple	8 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Gelatin w/Fruit Rye Bread Oatmeal Cookie w/Raisins	9 Mostacioli w/Meat Sauce Romaine Salad w/Dressing Pkt. Mixed Vegetables Dinner Roll Fruit Juice	10 CLOSED FOR GOOD FRIDAY OBSERVANCE
13 Sausage and Gravy Mini Potato Bakers Warm Fruit Compote Biscuits Fruit Juice	14 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomato Sour Cream & Taco Sauce Sliced Peaches Taco Chips Pudding	15 Pepper Beef over Brown Rice Peas and Carrots Warm Cinnamon Baked Apples Whole Grain Wheat Fresh Fruit	16 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Mandarin Oranges	17 Roasted Pork Loin Baked Beans Sicilian Veggie Mix Apricots Whole Grain Wheat Graham Crackers
20 Sloppy Joe Sandwich Brussels Sprouts Scalloped Corn Bun Apple Slices	21 Focaccia Chicken Breast Potato Casserole Seasoned Greens Texas Toast Tropical Fruit	22 Ham and Beans Copper Carrots Cornbread Sliced Pears	23 Meat Loaf Mashed Potatoes w/Gravy Broccoli Whole Grain Wheat Pineapple Tidbits	24 Chicken Salad Tortellini Vegetable Soup Creamy Cole Slaw Assorted Crackers Fruit Salad
27 Chicken and Noodles Mashed Potatoes Green and Wax Beans w/Bacon and Onion Whole Grain Wheat Fresh Grapes	28 Saucy Cabbage Rolls Corn Dinner Roll Hawaiian Salad	19 Shepherd's Pie Harvard Beets Dinner Roll Pears	30 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	

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.

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				1 Pulled Pork Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Peaches
4 Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat Mandarin Oranges	5 Creamed Chicken w/Green Onion & Pimento Italian Green Beans Biscuits Sliced Pineapple	6 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Gelatin w/Fruit Rye Bread Oatmeal Cookie w/Raisins	7 Mostacioli w/Meat Sauce Romaine Salad w/Dressing Pkt. Mixed Vegetables Dinner Roll Fruit Juice	8 Swedish Meatballs Mashed Potatoes Spinach Whole Grain Wheat Fruit Pie
11 Sausage and Gravy Mini Potato Bakers Warm Fruit Compote Biscuits Fruit Juice	12 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomato Sour Cream & Taco Sauce Sliced Peaches Taco Chips Pudding	13 Pepper Beef over Brown Rice Peas and Carrots Warm Cinnamon Baked Apples Whole Grain Wheat Fresh Fruit	14 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Mandarin Oranges	15 Roasted Pork Loin Baked Beans Sicilian Veggie Mix Apricots Whole Grain Wheat Graham Crackers
18 Sloppy Joe Sandwich Brussels Sprouts Scalloped Corn Bun Apple Slices	19 Focaccia Chicken Breast Potato Casserole Seasoned Greens Texas Toast Tropical Fruit	20 Ham and Beans Copper Carrots Cornbread Sliced Pears	21 Meat Loaf Mashed Potatoes w/Gravy Broccoli Whole Grain Wheat Pineapple Tidbits	22 Chicken Salad Tortellini Vegetable Soup Creamy Cole Slaw Assorted Crackers Fruit Salad
25 CLOSED FOR MEMORIAL DAY HOLIDAY	26 Saucy Cabbage Rolls Corn Dinner Roll Hawaiian Salad	27 Shepherd's Pie Harvard Beets Dinner Roll Pears	28 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	29 Pulled Pork Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Peaches

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