

## Peace Meal Senior Nutrition Program May 2019

		1 Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	2 Chili w/Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	3 Beef and Noodles Mashed Potatoes Italian Green Beans Whole Grain wheat Apple Slices
6 Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	7 Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes and Salsa Peaches Taco Chips Pudding	8 Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	9 Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	10 Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
13 Beef Stroganoff Italian Mixed Vegetables Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	14 Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	15 Pork Tenderloin Sandwich Baked Beans Midori Vegetables Bun Pears	16 Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	17 Orange Chicken Stir Fry w/Brown Rice and Vegetables Baby Carrots Dinner Roll Fresh Fruit
20 BBQ Pork Sandwich Lemon Pepper Peas Wax Beans w/Pimento & Onion Bun Apricots	21 Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	22 Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	23 Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	24 Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
27 CLOSED FOR MEMORIAL DAY HOLIDAY	28 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	29 Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	30 Chili with Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	31 Beef and Noodles Mashed Potatoes Italian Green Beans Whole Grain Wheat Apple Slices

### 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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3 Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	4 Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes and Salsa Peaches Taco Chips Pudding	5 Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	6 Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	7 Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
10 Beef Stroganoff Italian Mixed Vegetables Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	11 Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	12 Pork Tenderloin Sandwich Baked Beans Midori Vegetables Bun Pears	13 Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	14 Orange Chicken Stir Fry w/Brown Rice and Vegetables Baby Carrots Dinner Roll Fresh Fruit
17 BBQ Pork Sandwich Lemon Pepper Peas Wax Beans w/Pimento & Onion Bun Apricots	18 Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	19 Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	20 Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	21 Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
24 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	25 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	26 Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	27 Chili with Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	28 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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