

Peace Meal Senior Nutrition Program May 2018

	1 Savory Sausage Stew Harvard Beets Whole Grain Wheat (1) Warm Fruit Cobbler	2 Creamed Chicken w/Green Onions & Pimentos Peas Chunky Applesauce Biscuit Orange Bread	3 Meatloaf Mashed Potatoes w/Gravy Buttered Carrots Dinner Roll Fruited Gelatin	4 BBQ Riblet Sandwich Warm Black-Eyed Pea Salad Macaroni and Cheese Fruit Juice Bun Fresh Fruit
7 Sausage and Gravy Breakfast Pattie Mini Potato Bakers Orange Juice Biscuit Warm Fruit Compote	8 Taco Salad w/Meat, Cheese, and Beans Lettuce, Tomatoes, Sour Cream and Taco Sauce Sliced Pears Taco Chips Cake	9 Cabbage Rolls w/Sauce Ranch Potatoes Green and Wax Beans Dinner Roll Peaches	10 Baked Chicken Scalloped Tomatoes Mexi Corn Whole Grain Wheat (1) Fruit Salad	11 Roasted Pork Loin in Gravy Mashed Potatoes Mixed Vegetables Texas Toast (1) Cherry Delight
14 Pepper Beef over Brown Rice Lima Beans Warm Cinnamon Baked Apples Whole Grain Wheat (1) Fresh Orange	15 Swedish Meatballs Mashed Potatoes Spinach Whole Grain Wheat (1) Banana Pudding w/Fresh Bananas	16 Focaccia Crusted Chicken Breast Potato Casserole Italian Green Beans Tropical Fruit Dinner Roll Cookie	17 Chili Mac w/Beans Corn Dinner Roll Peach Caramel Oat Crisp	18 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Rye(2) Dreamsicle Gelatin
21 Sloppy Joe Sandwich Brussels Sprouts Baked Corn Casserole Bun Applesauce	22 Fried Chicken Mashed Potatoes w/Gravy Broccoli Dinner Roll Mandarin Oranges	23 Ham and Beans Copper Carrots Cornbread Sliced Pears	24 Turkey Tetrizzini Tossed Salad w/Dressing Packet Peas and Pearl Onions Whole Grain Wheat (1) Pineapple	25 Chicken Salad Sandwich Tortellini Vegetable Soup Creamy Cole Slaw Bun and Crackers Fruit Salad
28 CLOSED FOR MEMORIAL DAY HOLIDAY	29 Savory Sausage Stew Harvard Beets Whole Grain Wheat (1) Warm Fruit Cobbler	30 Creamed Chicken w/Green Onions & Pimentos Peas Chunky Applesauce Biscuit Orange Bread	31 Meatloaf Mashed Potatoes w/Gravy Buttered Carrots Dinner Roll Fruited Gelatin	

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 June 2018

				1 BBQ Riblet Sandwich Warm Black-Eyed Pea Salad Macaroni and Cheese Fruit Juice Bun Fresh Fruit
4 Sausage and Gravy Breakfast Pattie Mini Potato Bakers Orange Juice Biscuit Warm Fruit Compote	5 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomatoes, Sour Cream and Taco Sauce Sliced Pears Taco Chips Cake	6 Cabbage Rolls w/Sauce Ranch Potatoes Green and Wax Beans Dinner Roll Peaches	7 Baked Chicken Scalloped Tomatoes Mexi Corn Whole Grain Wheat (1) Fruit Salad	8 Roasted Pork Loin in Gravy Mashed Potatoes Mixed Vegetables Texas Toast (1) Cherry Delight
11 Pepper Beef Over Brown Rice Lima Beans Warm Cinnamon Baked Apples Whole Grain Wheat (1) Fresh Orange	12 Swedish Meatballs Mashed Potatoes Spinach Whole Grain Wheat (1) Banana Pudding w/Fresh Bananas	13 Focaccia Crusted Chicken Breast Potato Casserole Italian Green Beans Tropical Fruit Dinner Roll Cookie	14 Chili Mac w/Beans Corn Dinner Roll Peach Caramel Oat Crisp	15 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Rye (2) Dreamsicle Gelatin
18 Sloppy Joe Sandwich Brussels Sprouts Baked Corn Casserole Bun Applesauce	19 Fried Chicken Mashed Potatoes w/Gravy Broccoli Dinner Roll Mandarin Oranges	20 Ham and Beans Copper Carrots Cornbread Sliced Pears	21 Turkey Tetrazzini Tossed Salad w/Dressing Packet Peas and Pearl Onions Whole Grain Wheat (1) Pineapple	22 Chicken Salad Sandwich Tortellini Vegetable Soup Creamy Cole Slaw Bun and Crackers Fruit Salad
25 Beef and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (1) Apricots	26 Savory Sausage Stew Harvard Beets Whole Grain Wheat (1) Warm Fruit Cobbler	27 Creamed Chicken w/Green Onions & Pimentos Peas Chunky Applesauce Biscuit Orange Bread	28 Meatloaf Mashed Potatoes w/Gravy Buttered Carrots Dinner Roll Fruited Gelatin	29 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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