

Peace Meal Senior Nutrition Program February 2018

			1 Pork Chop in Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Apricots	2 Turkey Burger Rosemary Roasted Potatoes Butter Beans Bun Pineapple Slices
5 Country Fried steak Mashed Potatoes & Gravy Spinach Dinner Roll Fruit Cocktail	6 Ham and Beans Copper Carrots Cornbread Mandarin Oranges & Pineapple Tidbits	7 Lasagna Mixed Lettuce Salad Dressing Packet Green & Wax Beans with Pimentos Whole Grain Wheat (1) Warm Cinnamon Peaches	8 Fried Chicken Mashed Potatoes and Gravy Broccoli and Cauliflower Texas Toast Chunky Applesauce	9 Ham or Cheese Salad Hearty Vegetable Soup Diced Pears & Fresh Grapes Bread and Crackers Pumpkin Bar
12 Saucy Stuffed Peppers Corn Lima Beans Whole Grain Wheat (1) Frudel Bar	13 Baked Ham Mixed Vegetables Frosted Sweet Potatoes Rye (2) Overnight Fruit Salad	14 Captain's Crab Cake Macaroni and Cheese Italian Green Beans Melon Chunks Whole Grain Wheat (1) Cookie	15 Meatloaf Mashed Potatoes w/Gravy Peas Dinner Roll Peaches	16 Trout Melt w/Tartar Sauce Buttered Baby Baker Potatoes Creamy Cole Slaw Bun Warm Baked Apple
19 Swiss Beef Pattie w/Green Peppers, Onions, and Tomatoes Brown Rice Corn Whole Grain Wheat (1) Applesauce	20 Taco Salad w/Meat, Cheese, and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Mandarin Oranges Taco Chips Cake	21 Roast Beef in Gravy Mashed Potatoes Seasoned Greens Texas Toast Plums	22 Stuffed Chicken Breast Baked Onions Midori Blend Vegetables Whole Grain Wheat (1) Pineapple Pistachio Pudding	23 Tuna Noodle Casserole Peas Harvard Beets Whole Grain Wheat (1) Fresh Fruit
26 Chicken and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (1) Tropical Fruit	27 Cheese Manicotti (2) with Meat Sauce Mexicorn Broccoli Whole Grain Wheat (1) Pears	28 Beef Stew with 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.