

## Peace Meal Senior Nutrition Program June 2021

	1 Brat Baked Beans Corn Bun Craisins	2 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin	3 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad	4 Mostaccioli w/Meaty Sauce Corn Creamy Cole slaw Whole Grain Wheat Warm Fruit Cobbler
7 Sausage In Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	8 Chili w/Beans Tossed Salad w/Dressing Pkt. Crackers Mandarin Oranges	9 Beef Pot Roast w/Potatoes, Carrots, & Onions Seasoned Greens Roll Pineapple	10 Chicken & Noodles Mashed Potatoes 3-Bean Salad Whole Grain Wheat Warm Fruit Crisp	11 Taco Salad w/Beans, Lettuce, Cheese, Tomatoes, Sour Cream & Taco Sauce Diced Pears Taco Ships Brownie Bites
14 Pork Chop in Gravy Mashed Potatoes Broccoli Whole Grain Wheat Whole Grain Fruit Bar	15 Stuffed Chicken Breast Scalloped Potatoes Spinach Whole Grain Wheat Pears	16 Ham and Beans Pickled Beets Cornbread Peaches	17 Turkey Tetrizzini Sweet Cinnamon Carrots Italian Green Beans Whole Grain Wheat Pineapple Slices	18 Focaccia Chicken Twice Baked Potato Casserole Corn Texas Toast Fresh Fruit
21 Beef Stroganoff over Noodles Tomatoes & Zucchini Seasoned Green Beans Whole Grain Wheat Fruit Juice	22 Creamed Chicken w/Green Onions & Pimentos Parsley Buttered Potatoes Seasoned Peas Biscuit Mandarin Oranges	23 Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Wheat Chunky Applesauce	24 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	25 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
28 Sloppy Joe Sandwich Rosemary roasted Potatoes Mixed Vegetables Bun Craisins	29 Brat Baked Beans Corn Bun Cinnamon Applesauce	30 Fried Chicken Mashed Potatoes & Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle 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.