

## Peace Meal Senior Nutrition Program March 2020

2 Beef Stew w/Potatoes, Carrots & Onions Seasoned Greens Biscuits Tropical Fruit	3 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	4 Chicken Tetrzzini Peas and Onions Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	5 Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll Overnight Fruit Salad	6 Salmon Loaf Frosted Sweet Potatoes Midori Blend Vegetables Whole Grain Wheat (1) Pears
9 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Texas Toast Mandarin Oranges	10 Ham and Beans Pickled Beets Cornbread Peaches	11 Turkey Pot Roast w/Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	12 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	13 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
16 Beef and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	17 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn with Lima Beans Bun Fruit Juice	18 Swissed Beef Patties w/ Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	19 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	20 Salmon Burger w/Condiment Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
23 Savory Sausage Stew w/Beans Seasoned Carrots Biscuits Spiced Apple Rings	24 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	25 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat Pudding	26 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	27 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
30 Beef Stew w/ Potatoes, Carrots & Onions Seasoned Greens Biscuits Tropical Fruit	31 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches			

**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 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.