# Peace Meal Senior Nutrition Program
## March 2020

<table>
<thead>
<tr>
<th>No.</th>
<th>Meal Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Beef Stew w/ Potatoes, Carrots &amp; Onions, Seasoned Greens, Biscuits, Tropical Fruit</td>
</tr>
<tr>
<td>3</td>
<td>Chili Mac, Tossed Salad, Dinner Roll, Warm Cinnamon, Peaches</td>
</tr>
<tr>
<td>4</td>
<td>Chicken Tetrazzini, Peas and Onions, Seasoned Green Beans w/Pimentos, Whole Grain Wheat (1), Chunky Applesauce</td>
</tr>
<tr>
<td>5</td>
<td>Roast Beef in Gravy, Mashed Potatoes, Cabbage Tomato Au Gratin, Dinner Roll, Overnight Fruit Salad</td>
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<tr>
<td>6</td>
<td>Salmon Loaf, Frosted Sweet Potatoes, Midori Blend, Vegetables, Whole Grain Wheat (1), Pears</td>
</tr>
<tr>
<td>9</td>
<td>Beef Tips in Gravy, Mashed Potatoes, Italian Green Beans w/Tomato, Onion &amp; Bacon, Texas Toast, Mandarin Oranges</td>
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<tr>
<td>10</td>
<td>Ham and Beans, Pickled Beets, Cornbread, Peaches</td>
</tr>
<tr>
<td>11</td>
<td>Turkey Pot Roast w/Baby Carrots &amp; Celery, Corn Casserole, Dinner Roll, Pineapple Tidbits</td>
</tr>
<tr>
<td>12</td>
<td>Meatloaf, Delmonico Potatoes, Broccoli &amp; Cauliflower, Dinner Roll, Cranberry Apple Salad</td>
</tr>
<tr>
<td>13</td>
<td>Tuna Noodle Casserole, Peas and Carrots, Bean Medley, Whole Grain Wheat (1), Gelatin with Fruit</td>
</tr>
<tr>
<td>16</td>
<td>Beef and Noodles, Mashed Potatoes, Brussels Sprouts, Whole Grain Wheat (1), Apricots</td>
</tr>
<tr>
<td>17</td>
<td>Pork Chop Sandwich, Buttered Baby Baker Potatoes, Mexi Corn with Lima Beans, Bun, Fruit Juice</td>
</tr>
<tr>
<td>18</td>
<td>Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper, Creamy Coleslaw, Dinner Roll, Warm Fruit Crisp</td>
</tr>
<tr>
<td>19</td>
<td>Breakfast Casserole, Warm Rosy Applesauce, Fruit Juice, Cinnamon Roll, Cranberries</td>
</tr>
<tr>
<td>20</td>
<td>Salmon Burger w/Condiment, Venetian Blend, Vegetables, Potato Casserole, Dinner Roll, Mandarin Oranges</td>
</tr>
<tr>
<td>23</td>
<td>Savory Sausage Stew w/Beans, Seasoned Carrots, Biscuits, Spiced Apple Rings</td>
</tr>
<tr>
<td>24</td>
<td>Fried Chicken, Mashed Potatoes w/Gravy, Breaded Tomatoes, Dinner Roll, Seasonal Dessert</td>
</tr>
<tr>
<td>25</td>
<td>Ravioli w/Meat Sauce, Broccoli, Corn, Whole Grain Wheat, Pudding</td>
</tr>
<tr>
<td>26</td>
<td>Salisbury Beef Pattie, Mashed Potatoes, Spinach, Dinner Roll, Banana Bread w/Cream Cheese</td>
</tr>
<tr>
<td>27</td>
<td>CHEF’S CHOICE REGIONAL FAVORITES WILL BE SERVED</td>
</tr>
<tr>
<td>30</td>
<td>Beef Stew w/ Potatoes, Carrots &amp; Onions, Seasoned Greens, Biscuits, Tropical Fruit</td>
</tr>
<tr>
<td>31</td>
<td>Chili Mac, Tossed Salad, Dinner Roll, Warm Cinnamon, Peaches</td>
</tr>
</tbody>
</table>

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**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

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Options</th>
</tr>
</thead>
</table>
| 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 |
| 4    | Swiss Beef Pattie
Ranch Potatoes
Midori Blend Veggies
Whole Grain Wheat (1)
Mandarin Oranges |
| 5    | Creamed Chicken
w/Green Onions & Pimento
Italian Green Beans
Biscuits
Sliced Pineapple |
| 6    | Ham Loaf
Frosted Sweet Potatoes
Seasoned Peas
Gelatin w/Fruit
Rye Bread
Oatmeal Cookie w/Raisins |
| 7    | Mostaccioli w/Meat Sauce
Romaine Salad w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 8    | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 9    | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 10   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 11   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 12   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 13   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 14   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 15   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 16   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 17   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 18   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 19   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 20   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 21   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 22   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 23   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 24   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 25   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 26   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 27   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 28   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 29   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |
| 30   | Fish Sandwich
w/Meat Sauce
Romaine Salad
w/Dressing Pkt.
Mixed Vegetables
Dinner Roll
Fruit Juice |

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