

Peace Meal Senior Nutrition Program July 2020

		1 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	2 Cheese, Ham, Chicken or Tuna Salad Creamy Vegetable Soup Gelatin w/Fruit Assorted Crackers Peaches	3 CLOSED FOR JULY 4 TH HOLIDAY
6 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	7 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	8 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	9 Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Dreamsicle Gelatin	10 Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches
13 Pulled Chicken Sandwich Macaroni and Cheese w/Peas Broccoli Bun Tropical Fruit	14 Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Fresh Fruit	15 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	16 Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	17 Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
20 Pork Burger Sandwich Midori Blend Vegetables Harvard Beets Bun Apple slices	21 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Water Melon	22 Turkey Salad w/Grapes Cucumber/Onion Salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	23 Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	24 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
27 Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnise Carrots Whole Grain Wheat (1) Pears	28 Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	29 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	30 Cheese, Ham, Chicken, or Tuna Salad Creamy Vegetables Soup Gelatin w/Fruit Assorted Crackers Peaches	31 Taco Salad w/Meat, Beans and Cheese Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding

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.

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