

Peace Meal Senior Nutrition Program January 2021

4 BBQ Pork Sandwich Mini Potato Bakers Mixed Vegetables Bun Fruit Juice	5 Chicken Broccoli Rice Bake Corn Whole Grain Wheat Warm Fruit Combo	6 Savory Sausage Stew w/Beans Lyonnais Carrots Biscuits Scalloped Pineapple	7 Meatloaf Mashed Potatoes w/Gravy Seasoned Peas Whole Grain Wheat Overnight Fruit Salad	8 Tuna Noodle Casserole Green & Wax Beans w/Pimentos Apricots Dinner Roll Raisins
11 Beef and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat Peaches	12 Turkey Pot Roast with Baby Carrots and Celery Macaroni and Cheese w/Peas Dinner Roll Pineapple Chunks	13 Ham/Cabbage Combo Baked Beans Dinner Roll Cinnamon Applesauce	14 Baked Chicken Delmonico Potatoes Italian Green Beans w/ Tomatoes, Onions & Bacon Texas Toast Pears	15 Swedish Meatballs Scalloped Corn Black-Eyed Pea Salad Whole Grain Wheat Seasonal Dessert
18 Chicken Pot Pie Broccoli Biscuit Whole Grain Fruit Bar	19 Ham and Beans Copper Carrots Cornbread Fruit Cocktail	20 Chili Mac Mixed Lettuce Salad w/Dressing Dinner Roll Warm Fruit Cobbler	21 Roast Beef in Gravy Mashed Potatoes Seasoned Green Beans Whole Grain Wheat Fruited Gelatin	22 Chicken Salad Sandwich Vegetable Soup Bun or Bread & Crackers Mandarin Oranges
25 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Craisins	26 Shepherd's Pie Harvard Beets Dinner Roll Fresh Fruit	27 Fried Chicken Mashed Potatoes w/Gravy Spinach Whole Grain Wheat Pears	28 Beef Stew w/Potatoes, Carrots, and Onions Tangy Cole Slaw Dinner Roll Warm Bread Pudding w/Fruit	29 Ham Loaf Frosted Sweet Potatoes Buttered Midori Vegetables Whole Grain Wheat 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.

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