Peace Meal Senior Nutrition Program July 2021

5 Closed for Independence Day	6 Spaghetti w/Meaty Sauce Corn Seasoned Green Beans Roll Oatmeal Raisin Cookie	7 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	1 Turkey Salad with Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit 8 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	2 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert 9 Baked Chicken Vegetable Rice Pilaf Harvard Beets Whole Grain Wheat Tropical Fruit
12 Beef and Noodles Mashed Potatoes Seasoned Greens Whole Grain Wheat Fruit or Juice	13 Brat Baked Corn Seasoned Steamed Cabbage Bun Pears	14 Chicken Salad Cheesy Broccoli Soup Summer Salad Assorted Crackers Watermelon	15 Meatloaf Mashed Potatoes w/Gravy Lyonnaise Carrots Whole Grain Wheat Pineapple Cheese Salad	16 Steak Burger Baked Beans Creamed Peas Bun Melon Salad
19 Pulled Pork Sandwich Rosemary Roasted Potatoes Italian Green Beans Bun Fruit Juice	20 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding	21 White Chili Sunshine Salad Cottage Cheese Crackers Peaches	22 Roast Beef Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat Warm Fruit Cobbler	23 Swissed Beef Pattie Zucchini Bake Mixed Vegetables Whole Grain Wheat Sweet Potato Pie
26 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Breakfast Bar	27 Shepherd's Pie Rotini Vegetable Salad Biscuits Warm Cinnamon Buttered Apples	28 Sub Sandwich w/Lettuce, Spinach, Tomato and Mayo Pkt. 3-Bean Salad Bun Cantaloupe	29 Turkey Salad w/Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	30 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert

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 August 2021

				11
2	3	4	5	6
Pork Chop in Gravy	Spaghetti with Meat	Saucy Ham Loaf	BBQ Meatballs	Baked Chicken
Mashed Potatoes	Sauce	Sweet Potatoes	Scalloped Potatoes	Vegetable Rice Pilaf
Lima Beans	Romaine Lettuce Salad	Seasoned Peas	Spinach	Harvard Beets
Roll	Seasoned Green Beans	Cornbread	Texas Toast	Whole Grain Wheat
Cranberries	Roll	Overnight Fruit Salad	Chunky Applesauce	Tropical Fruit
	Oatmeal Raisin Cookie	-		-
9	10	11	12	13
Beef and Noodles	Brat	Chicken Salad	Meatloaf	Steak Burger
Mashed Potatoes	Baked Corn	Cheesy Broccoli Soup	Mashed Potatoes	Baked Beans
Seasoned Greens	Seasoned Steamed	Summer Salad	w/gravy	Creamed Peas
Whole Grain wheat	Cabbage	Assorted Crackers	Lyonnaise Carrots	Bun
Fruit or Juice	Bun	Watermelon	Whole Grain Wheat	Melon Salad
	Pears		Pineapple Cheese Salad	
16	17	18	19	20
Pulled Pork Sandwich	Taco Salad w/Meat,	White Chili	Roast Beef	Swissed Beef Pattie
Rosemary Roasted	Cheese, Beans, Lettuce,	Sunshine Salad	Mashed Potatoes	Zucchini Bake
Potatoes	Tomatoes, Sour Cream	Cottage Cheese	Broccoli Salad	Mixed Vegetables
Italian Green Beans	and Taco Sauce	Crackers	Whole Grain Wheat	Whole Grain Wheat
Bun	Mandarin Oranges	Peaches	Warm Fruit Cobbler	Sweet Potato Pie
Fruit Juice	Taco Chips			
	Pudding			
23	24	25	26	27
Breakfast Casserole	Shepherd's Pie	Sub Sandwich	Turkey Salad w/Grapes	Fried Chicken
Warm Fruit Compote	Rotini Vegetable Salad	w/Lettuce, Spinach,	Vegetable Soup	Mashed Potatoes
Fruit Juice	Biscuits	Tomato and Mayo Pkt.	Cucumber Onion Salad	w/Gravy
Cinnamon Roll	Warm Cinnamon	3 Bean Salad	Assorted Crackers	Corn
Breakfast Bar	Buttered Apples	Bun	Fresh Fruit	Texas Toast
		Cantaloupe		Red, White, and blue
		Culturoup		Dessert
30	31			
Pork chop in Gravy	Spaghetti with Meat			
Mashed Potatoes	Sauce			
Lima Beans	Romaine Lettuce Salad			
Roll	Seasoned Green Beans			
Cranberries	Roll			
	Oatmeal Raisin Cookie			

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