

## Peace Meal Senior Nutrition Program July 2021

			1 Turkey Salad with Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	2 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert
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	8 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	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 Lyonnais 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.

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

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