

Peace Meal Senior Nutrition Program June 2019

3 Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	4 Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes and Salsa Peaches Taco Chips Pudding	5 Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	6 Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	7 Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
10 Beef Stroganoff Italian Mixed Vegetables Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	11 Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	12 Pork Tenderloin Sandwich Baked Beans Midori Vegetables Bun Pears	13 Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	14 Orange Chicken Stir Fry w/Brown Rice and Vegetables Baby Carrots Dinner Roll Fresh Fruit
17 BBQ Pork Sandwich Lemon Pepper Peas Wax Beans w/Pimento & Onion Bun Apricots	18 Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	19 Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	20 Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	21 Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
24 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	25 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	26 Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	27 Chili with Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	28 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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 July 2019

1 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks	2 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	3 Ham Salad Creamy Broccoli Soup Gelatin w/Fruit Assorted Crackers Peaches	4 CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Pork Tenderloin Potato Casserole Mixed Vegetables Texas Toast Pears
8 Chicken Enchiladas Baked Beans Harvard Beets Whole Grain Wheat (1) Apricots	9 Pulled Pork Sandwich Baby Baker Potatoes Vegetable Blend Bun Mandarin Oranges	10 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Overnight Fruit Salad	11 Roast Beef in Gravy Mashed Potatoes Cauliflower/Pea Salad Dinner Roll Warm Fruit Crisp	12 Turkey/Cheese Sandwich w/Mayo Pkt. Lettuce & Tomato Slices Summer Salad Bun Peaches
15 Fish Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Pears	16 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Watermelon	17 Turkey Salad w/Grapes Cucumber Salad Fruit Cocktail Roll Apple Oatmeal Bar	18 Taco Salad w/Beans, Meat, Cheese, Lettuce, and Tomatoes Sour Cream & Taco Sauce Pineapple Taco Chips Cake	19 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Mixed Melon Salad w/Grapes
22 Spaghetti w/Meat Sauce Herbed Peas Applesauce Bread stick Brownie Bites	23 Roasted Pork Zucchini Bake Broccoli-Cauliflower Mix Whole Grain Wheat (1) Hawaiian Salad	24 Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Dinner Roll Fresh Fruit	25 Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Whole Grain Wheat (1) Dreamsicle Gelatin	26 Steak Burger Lettuce and Tomato Slices Rotini Vegetable Salad Bun Cantaloupe
29 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks	30 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	31 Ham Salad Creamy Broccoli soup Gelatin w/Fruit Assorted Crackers Peaches		

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.