

Peace Meal Senior Nutrition Program March 2019

				1 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
4 Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	5 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	6 Cheese Manicotti (2) w/Red Sauce Broccoli Corn Whole Grain Wheat (1) Banana	7 Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	8 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin w/ ½ C Fruit
11 Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	12 Turkey Pot Roast with Baby Carrot & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13 Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	14 Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit salad	15 Salmon Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit
18 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion and Bacon Whole Grain Wheat (1) Mandarin Oranges	19 Ham and Beans Pickled Beets Cornbread Peaches	20 Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears	21 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	22 Whitefish Burger w/Sauce Pkt. Baked Beans Fruit Juice Bun Scalloped Pineapple
25 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	26 Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	27 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	28 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	29 Salmon Burger with Sauce Packet Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit

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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April 2019

1 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	2 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	3 Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	4 Chili with Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	5 Beef and Noodles Mashed Potatoes Italian Green Beans Whole Grain Wheat Apple Slices
8 Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	9 Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes, and Salsa Peaches Taco Chips Pudding	10 Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	11 Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	12 Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
15 Beef Stroganoff Italian Mixed Vegetables Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	16 Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	17 Pork Tenderloin Sandwich Baked Beans Midori Vegetables Bun Pears	18 Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	19 CLOSED FOR GOOD FRIDAY HOLIDAY
22 BBQ Pork Sandwich Lemon Pepper Peas Wax Beans w/Pimento & Onion Bun Apricots	23 Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	24 Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	25 Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	26 Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
29 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	30 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits			

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