

## Peace Meal Senior Nutrition Program June 2022

		1 Fried Chicken Delmonico Potatoes Corn & Black Beans Oatmeal Apple Bar Roll	2 Swiss Beef Pattie w/Mushroom Gravy Mashed Potatoes Kyoto Veggie Blend Pears Whole Grain Bread or Roll	3 Vegetable Lasagna Green Beans Rosy Applesauce Romaine Salad w/Dressing Pkt. Croutons
6 Vegetable Beef Soup Pickled Beets Peaches Crackers Pudding	7 Sweet & Sour Chicken Oriental Vegetables Cornbread Pineapple Whole Grain Rice	8 Mostaccioli w/Meat Sauce Italian Green Beans w/Onion Corn Romaine Salad w/dressing Pkt.	9 Ham Loaf Frosted Sweet Potatoes Seasoned Peas Fruit Cocktail Whole Grain Roll	10 Salmon Burger w/condiment Brussels Sprouts Scalloped Potatoes Hawaiian Salad Bun
13 Sausage Gravy Hash Rounds Warm Fruit Compote Orange Juice Biscuit	14 Chicken Patty Baked Beans Corn Apricots Bun	15 Taco Salad w/Lettuce/Spinach, Beans, Tomatoes, and Salsa Pears Whole Grain Taco Chips Pudding	16 Roast Pork Loin w/Gravy Breaded Tomatoes Creamed Peas & Potatoes Pineapple Whole Grain Rice	17 Pepper Steak Romaine Salad w/Dressing Pkt. Stir Fry Veggies Warm Chunky Applesauce Whole Grain Roll
20 Ham and Beans Copper Carrots Pears Corn Bread	21 Sloppy Joe Corn Casserole Green Beans Cole Slaw Bun	22 Chicken Parmesan w/Marinara Sauce Broccoli Romaine Salad w/Dressing Pkt. Whole Grain Apple Crisp Whole Grain Spaghetti	23 Meatloaf Cheesy Potato Casserole Tomatoes & Zucchini Tropical Fruit Salad Whole Grain Roll	24 Southern Breaded Pangasius w/Tartar Hot Fruit Compote Baked Onions Cauliflower & Pea Salad Bun
27 Chicken and Noodles Buttered Peas Mashed Potatoes Apricots Roll	28 Saucy Cabbage Rolls Sicilian Veggie Mix Grapes Whole Grain Bread Whole Grain Fruit Crisp	29 Fried Chicken Delmonico Potatoes Corn & Black Beans Oatmeal Apple Bar Roll	30 Swiss Beef Pattie w/Mushroom Gravy Mashed Potatoes Kyoto Veggie Blend Pears Whole Grain Bread or Roll	July 1 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.**

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CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Mushroom Crusted Chicken Breast Mashed Potatoes Peas and Pearl Onions Mandarin Oranges Whole Grain Bread	6 Goulash Hot Greens Corn Peaches	7 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	8 Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
11 Grilled Marinated Chicken Patty Sweet Potatoes Broccoli Summer Fruit Bun	12 Swiss Steak w/Peppers, Onions and Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	13 Brat German Potato Salad Corn, Black Bean, Tomato Medley Peaches Bun	14 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	15 Chicken Alfredo Buttered Peas Diced Carrots Romaine Salad w/Dressing
18 Turkey Burger w/Condiments Pinto Beans with Bacon Beets Pineapple Bun	19 Beef Tips in Gravy Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	20 Marinated Pork Loin Mac & Cheese w/Peas Broccoli Tomato Salad	21 Chicken Salad Vegetable Soup Cucumber & Onion Salad Apricots Whole Grain Bread Crackers	22 Lasagna Italian Vegetables Romaine Salad w/Dressing Rosy Applesauce Whole Grain Roll
25 Biscuits and Gravy Baby Bakers Tropical Fruit Compote Juice	26 Fried Chicken Twice Baked Potato Casserole Cooked Spinach Pears Whole Grain Bread	27 Hamburger Baked Beans Corn Potato Salad Bun	28 Taco Salad w/ Meat, Lettuce, Tomatoes, Beans, Salsa Pears Taco Chips Surprise Dessert	29 Pulled Pork Green Beans Italiano Yellow Squash Tangy Cole Slaw Bun

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