

Peace Meal Senior Nutrition Program July 2022

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

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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1 Stuffed Peppers Sweet Potato Tots Normandy Vegetable Blend 3-Bean Salad Whole Grain Roll	2 Mushroom Crusted Chicken Breast Mashed Potatoes Peas & Pearl Onions Mandarin Oranges Whole Grain Bread	3 Goulash Hot Greens Corn Peaches	4 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	5 Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
8 Grilled Chicken Patty Sweet Potatoes Broccoli Summer Fruit Bun	9 Swiss Steak w/Peppers, Onions & Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	10 Brat German Potato Salad Corn, Black Bean, & Tomato Medley Peaches Bun	11 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	12 Chicken Alfredo Buttered Peas Diced Carrots Romaine Salad w/Dressing
15 Turkey Burger w/Condiment Pinto Beans w/Bacon Hot Beets Pineapple Bun	16 Beef Tips Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	17 Marinated Pork Loin Mac & cheese w/Peas Broccoli Tomato Salad	18 Chicken Salad Vegetable Soup Cucumber & Onion Salad Apricots Whole Grain Bread Crackers	19 Lasagna Italian Vegetables Romaine Salad w/Dressing Rosy Applesauce Whole Grain Roll
22 Biscuits and Gravy Baby Bakers Tropical Fruit Compote Juice	23 Fried Chicken Twice Baked Potato Casserole Cooked Spinach Pears Whole Grain Bread	24 Hamburger Baked Beans Corn Potato Salad Bun	25 Taco Salad with Meat, Lettuce, Beans, Tomatoes and Salsa Pears Taco Chips Surprise Dessert	26 Pulled Pork Green Beans Italiano Yellow Squash Tangy Cole Slaw Bun
29 Stuffed Peppers Sweet Potato Tots Normandy Veggie Blend 3-Bean Salad Whole Grain Roll	30 Mushroom Crusted Chicken Breast Mashed Potatoes Peas and Pearl Onions Mandarin Oranges Whole Grain Bread	31 Goulash Hot Greens Corn Peaches		

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