

## Peace Meal Senior Nutrition Program

### June 2025

<b>2</b> <b>King Ranch</b> <b>Chicken Casserole</b> <b>Corn &amp; Black Beans</b> <b>Stewed Tomatoes</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>3</b> <b>Cheese Salad</b> <b>Vegetable Beef Soup</b> <b>Coleslaw</b> <b>Mixed Fruit</b> <b>Bread/Roll</b>	<b>4</b> <b>Hamburger &amp; Bun</b> <b>Tater Tots</b> <b>Baked Beans</b> <b>Broccoli-</b> <b>Cauliflower Salad</b>	<b>5</b> <b>Chicken Fajitas</b> <b>Onions &amp; Peppers</b> <b>Tortillas</b> <b>Mexican Rice</b> <b>Mexican Green</b> <b>Beans</b> <b>Pears</b>	<b>6</b> <b>Tuna Casserole</b> <b>Peas</b> <b>Carrots</b> <b>Tomato Salad</b>
<b>9</b> <b>Pork Carnita</b> <b>Sandwich</b> <b>Roasted Potatoes</b> <b>Mixed Vegetables</b> <b>Fruit</b>	<b>10</b> <b>Beef Tips in Gravy</b> <b>over Noodles</b> <b>Peas</b> <b>Golden Buttered</b> <b>Hominy</b> <b>Cinnamon Pears</b>	<b>11</b> <b>Stuffed Chicken</b> <b>Breast</b> <b>Broccoli Rice</b> <b>Casserole</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>12</b> <b>Ground Beef</b> <b>Taco Salad</b> <b>Black Beans, Salsa</b> <b>Tomatoes, Sour</b> <b>Cream</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert Surprise</b>	<b>13</b> <b>Liver &amp; Onions</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Beets</b> <b>Bread/Roll</b>
<b>16</b> <b>Biscuits &amp; Gravy</b> <b>Paco Vegetables</b> <b>Hot Fruit</b> <b>Fruit Juice</b>	<b>17</b> <b>Fried Chicken</b> <b>Parsley Potatoes</b> <b>Hot Greens</b> <b>Peaches</b> <b>Bread/Roll</b>	<b>18</b> <b>Swiss Steak</b> <b>Cheesy Potatoes</b> <b>Carrots</b> <b>Fruit</b> <b>Bread/Roll</b>	<b>19</b> <b>Baked Spaghetti</b> <b>Broccoli</b> <b>Corn</b> <b>Romaine Side Salad</b>	<b>20</b> <b>Southern Breaded</b> <b>Fish &amp; Bun</b> <b>Pinto Beans</b> <b>Nantucket</b> <b>Vegetables</b> <b>Bacon Ranch</b> <b>Potato Salad</b>
<b>23</b> <b>Sloppy Joes &amp; Bun</b> <b>German Potato</b> <b>Salad</b> <b>Corn</b> <b>Fruit</b>	<b>24</b> <b>Glazed Ham</b> <b>Sweet Potatoes</b> <b>Peas</b> <b>Fruit</b> <b>Whole Grain</b> <b>Bread/Roll</b>	<b>25</b> <b>Meatloaf</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Coleslaw</b> <b>Bread/Roll</b>	<b>26</b> <b>Orange Chicken</b> <b>Over Rice</b> <b>Broccoli</b> <b>Midori Vegetables</b> <b>Pineapple</b>	<b>27</b>  <b>CHEF'S</b>  <b>CHOICE</b>  <b>MENU</b>
<b>30</b> <b>Stay tuned.....</b> <b>this day will</b> <b>show up on the</b> <b>July menu</b>				

### 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 \$4.00 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 2025

<b>June 30</b> Breakfast Casserole Paco Vegetables Hot Fruit Fruit Juice Muffin	<b>July 1</b> Stuffed Peppers Buttered Golden Hominy Carrots & Peas Fruit Roll	<b>2</b> Chicken Parmesan Casserole Kyoto Vegetables Green Beans Peaches	<b>3</b> Sub Sandwich Ham, Turkey, Cheese Potato Salad Three Bean Salad Summer Salad	<b>4</b> Closed for Independence Day 
<b>7</b> Pork Burger & Bun German Potato Salad Baked Beans Fruit	<b>8</b> Ham & Beans Copper Carrots Pineapple Cornbread Dessert	<b>9</b> Meatloaf Sour Cream & Chive Mashed Potatoes Carrots Tomato Salad Roll	<b>10</b> Chicken Salad Sandwich Tomato Basil Soup Tangy Coleslaw Fruit Dessert	<b>11</b> Pizza Spaghetti Casserole Asparagus Hot Fruit Compote Romaine Side Salad
<b>14</b> Biscuit & Gravy Roasted Potatoes Hot Spiced Apples Fruit Juice	<b>15</b> Fried Chicken Twice Baked Mashed Potatoes Stewed Tomatoes Watermelon Bread/Roll	<b>16</b> Beef Stroganoff Hot Seasoned Greens Roasted Corn Cherry Dump Cake	<b>17</b> Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise	<b>18</b> Brat & Bun Cheesy Potatoes Roasted Green Beans Vibrant Summer Fruit Mix
<b>21</b> Meatball Sub Tater Tots Succotash Fruit	<b>22</b> Chicken Strips Mashed Potatoes & Gravy Mixed Vegetables Applesauce Bread/Roll	<b>23</b> Chicken & Noodles Roasted Zucchini & Squash Berry Crisp Cucumber Salad	<b>24</b> Turkey & Swiss on a Croissant Vegetable Soup Creamy Coleslaw Fruit Salad Crackers	<b>25</b> Southern Breaded Fish Sandwich Hot Black Eyed Pea Salad Corn Carrot & Raisin Salad
<b>28</b> Breakfast Casserole Paco Vegetables Hot Fruit Fruit Juice Muffin	<b>29</b> Stuffed Peppers Buttered Golden Hominy Carrots & Peas Fruit Roll/Bread	<b>30</b> Chicken Parmesan Casserole Kyoto Vegetables Green Beans Peaches	<b>31</b> Sub Sandwich Ham, Turkey, Cheese Potato Salad Three Bean Salad Summer Salad	

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