

Peace Meal Senior Nutrition Program June 2021

	1 Brat Baked Beans Corn Bun Craisins	2 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin	3 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad	4 Mostaccioli w/Meaty Sauce Corn Creamy Cole slaw Whole Grain Wheat Warm Fruit Cobbler
7 Sausage In Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	8 Chili w/Beans Tossed Salad w/Dressing Pkt. Crackers Mandarin Oranges	9 Beef Pot Roast w/Potatoes, Carrots, & Onions Seasoned Greens Roll Pineapple	10 Chicken & Noodles Mashed Potatoes 3-Bean Salad Whole Grain Wheat Warm Fruit Crisp	11 Taco Salad w/Beans, Lettuce, Cheese, Tomatoes, Sour Cream & Taco Sauce Diced Pears Taco Ships Brownie Bites
14 Pork Chop in Gravy Mashed Potatoes Broccoli Whole Grain Wheat Whole Grain Fruit Bar	15 Stuffed Chicken Breast Scalloped Potatoes Spinach Whole Grain Wheat Pears	16 Ham and Beans Pickled Beets Cornbread Peaches	17 Turkey Tetrizzini Sweet Cinnamon Carrots Italian Green Beans Whole Grain Wheat Pineapple Slices	18 Focaccia Chicken Twice Baked Potato Casserole Corn Texas Toast Fresh Fruit
21 Beef Stroganoff over Noodles Tomatoes & Zucchini Seasoned Green Beans Whole Grain Wheat Fruit Juice	22 Creamed Chicken w/Green Onions & Pimentos Parsley Buttered Potatoes Seasoned Peas Biscuit Mandarin Oranges	23 Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Wheat Chunky Applesauce	24 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	25 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
28 Sloppy Joe Sandwich Rosemary roasted Potatoes Mixed Vegetables Bun Craisins	29 Brat Baked Beans Corn Bun Cinnamon Applesauce	30 Fried Chicken Mashed Potatoes & Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin		

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 Turkey Salad with Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	2 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert
5 Closed for Independence Day	6 Spaghetti w/Meaty Sauce Corn Seasoned Green Beans Roll Oatmeal Raisin Cookie	7 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	8 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	9 Baked Chicken Vegetable Rice Pilaf Harvard Beets Whole Grain Wheat Tropical Fruit
12 Beef and Noodles Mashed Potatoes Seasoned Greens Whole Grain Wheat Fruit or Juice	13 Brat Baked Corn Seasoned Steamed Cabbage Bun Pears	14 Chicken Salad Cheesy Broccoli Soup Summer Salad Assorted Crackers Watermelon	15 Meatloaf Mashed Potatoes w/Gravy Lyonnaisse Carrots Whole Grain Wheat Pineapple Cheese Salad	16 Steak Burger Baked Beans Creamed Peas Bun Melon Salad
19 Pulled Pork Sandwich Rosemary Roasted Potatoes Italian Green Beans Bun Fruit Juice	20 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding	21 White Chili Sunshine Salad Cottage Cheese Crackers Peaches	22 Roast Beef Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat Warm Fruit Cobbler	23 Swissed Beef Pattie Zucchini Bake Mixed Vegetables Whole Grain Wheat Sweet Potato Pie
26 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Breakfast Bar	27 Shepherd's Pie Rotini Vegetable Salad Biscuits Warm Cinnamon Buttered Apples	28 Sub Sandwich w/Lettuce, Spinach, Tomato and Mayo Pkt. 3-Bean Salad Bun Cantaloupe	29 Turkey Salad w/Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	30 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert

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