

Peace Meal Senior Nutrition Program August 2022

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		

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 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	2 Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
5 CLOSED FOR LABOR DAY HOLIDAY	6 Swiss Steak w/Peppers, Onions, Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	7 Brat German Potato Salad Corn, Black Bean and Tomato Medley Peaches Bun	8 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	9 Chicken Alfredo Buttered Peas Diced Carrots Romaine Salad w/Dressing
12 Turkey Burger Pinto Beans w/Bacon Hot Beets Pineapple Bun	13 Beef Tips Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	14 Marinated Pork Loin Mac & Cheese w/Peas Broccoli Tomato Salad	15 Chicken Salad Vegetable Soup Cucumber & Onion Salad Apricots Whole Grain Bread Crackers	16 Lasagna Italian Vegetables Romaine Salad w/Dressing Rosy Applesauce Whole Grain Roll
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