

Peace Meal Senior Nutrition Program January 2019

	1 CLOSED FOR NEW YEAR'S HOLIDAY	2 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	3 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	4 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
7 Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	8 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	9 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat (1) Banana	10 Meatloaf Delmonico Potatoes Spinach Dinner roll Cranberry Apple Salad	11 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat(1) Gelatin with ½C Fruit
14 Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	15 Turkey Pot Roast with Baby Carrots & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	16 Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	17 Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit Salad	18 Ham Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat (1) Fresh Fruit
21 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion, & Bacon Whole Grain Wheat (1) Mandarin Oranges	22 Ham and Beans Pickled Beets Cornbread Peaches	23 Beef Stew w/Potatoes, Carrots, and Onions Seasoned Greens Biscuits Pears	24 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	25 Pulled Pork Sandwich Baked Beans Fruit Juice Bun Scalloped Pineapple
28 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat(1) Apricots	29 Shepherd's Pie w/ Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	30 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	31 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	

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 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
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