

Peace Meal Senior Nutrition Program April 2021

			1 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	2 CLOSED FOR GOOD FRIDAY HOLIDAY
5 Sloppy Joe Sandwich Rosemary Roasted Potatoes Mixed Vegetables Bun Craisins	6 Brat Baked Beans Corn Bun Cinnamon Applesauce	7 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Whole Grain Wheat Dreamsicle Gelatin	8 Baked Ham Frosted Sweet Potatoes Brussels Sprouts Rye Bread Fruit Salad	9 Mostaccioli w/Meaty Sauce Corn Creamy Cole Slaw Whole Grain Wheat Warm Fruit Cobbler
12 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	13 Chili w/Beans Tossed Salad w/Dressing Pkt. Crackers Mandarin Oranges	14 Beef Pot Roast w/Potatoes, Onions & Carrots Seasoned Greens Roll Pineapple	15 Chicken and Noodles Mashed Potatoes 3-Bean Salad Whole Grain Wheat Warm Fruit Crisp	16 Taco Salad w/Beans, Lettuce, Cheese, Tomatoes, Sour Cream & Taco Sauce Diced Pears Taco Chips Brownie Bites
19 Pork Chop in Gravy Mashed Potatoes Broccoli Whole Grain Wheat Whole Grain Fruit Bar	20 Stuffed Chicken Breast Scalloped Potatoes Spinach Whole Grain Wheat Pears	21 Ham and Beans Pickled Beets Cornbread Peaches	22 Turkey Tetrazzini Sweet Cinnamon Carrots Italian Green Beans Whole Grain Wheat Pineapple Slices	23 Focaccia Chicken Twice Baked Potato Casserole Corn Texas Toast Fresh Fruit
26 Beef Stroganoff over Noodles Tomatoes & Zucchini Seasoned Green Beans Whole Grain Wheat Fruit Juice	27 Creamed Chicken w/Green Onions & Pimentos Parsley Buttered Potatoes Seasoned Peas Biscuit Mandarin Oranges	28 Pepper Beef Over Brown Rice Lima Beans Harvard Beets Whole Grain Wheat Chunky Applesauce	29 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat Sunshine Salad	30 Fish sandwich w/Tartar Sauce Creamy Broccoli Soup Peaches Crackers & bun 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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31 CLOSED FOR MEMORIAL DAY HOLIDAY				

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