Peace Meal Senior Nutrition Program May 2020

4	5	6	7	1 Pulled Pork Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Peaches 8
Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat Mandarin Oranges	Creamed Chicken w/Green Onion & Pimento Italian Green Beans Biscuits Sliced Pineapple	Ham Loaf Frosted Sweet Potatoes Seasoned Peas Gelatin w/Fruit Rye Bread Oatmeal Cookie w/Raisins	Mostacioli w/Meat Sauce Romaine Salad w/Dressing Pkt. Mixed Vegetables Dinner Roll Fruit Juice	Swedish Meatballs Mashed Potatoes Spinach Whole Grain Wheat Fruit Pie
11 Sausage and Gravy Mini Potato Bakers Warm Fruit Compote Biscuits Fruit Juice	12 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomato Sour Cream & Taco Sauce Sliced Peaches Taco Chips Pudding	13 Pepper Beef over Brown Rice Peas and Carrots Warm Cinnamon Baked Apples Whole Grain Wheat Fresh Fruit	14 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Mandarin Oranges	15 Roasted Pork Loin Baked Beans Sicilian Veggie Mix Apricots Whole Grain Wheat Graham Crackers
18 Sloppy Joe Sandwich Brussels Sprouts Scalloped Corn Bun Apple Slices	19 Focaccia Chicken Breast Potato Casserole Seasoned Greens Texas Toast Tropical Fruit	20 Ham and Beans Copper Carrots Cornbread Sliced Pears	21 Meat Loaf Mashed Potatoes w/Gravy Broccoli Whole Grain Wheat Pineapple Tidbits	22 Chicken Salad Tortellini Vegetable Soup Creamy Cole Slaw Assorted Crackers Fruit Salad
25 CLOSED FOR MEMORIAL DAY HOLIDAY	26 Saucy Cabbage Rolls Corn Dinner Roll Hawaiian Salad	27 Shepherd's Pie Harvard Beets Dinner Roll Pears	28 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	29 Pulled Pork Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun 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.

Peace Meal Senior Nutrition Program June 2020

1		3	4	5
1 Series Des (Dettie	2 Creamed Chicken		4 Mostacioli w/Meat	
Swiss Beef Pattie		Ham Loaf		Swedish Meatballs
Ranch Potatoes	w/Green Onion &	Frosted Sweet Potatoes	Sauce	Mashed Potatoes
Midori Blend Veggies	Pimento	Seasoned Peas	Romaine Salad	Spinach
Whole Grain Wheat	Italian Green Beans	Gelatin w/Fruit	w/Dressing Pkt.	Whole Grain Wheat
Mandarin Oranges	Biscuits	Rye Bread	Mixed Vegetables	Fruit Pie
	Sliced Pineapple	Oatmeal Cookie	Dinner Roll	
		w/Raisins	Fruit Juice	
8	9	10	11	12
Sausage and Gravy	Taco Salad w/Meat,	Pepper Beef over	Fried Chicken	Roasted Pork Loin
Mini Potato Bakers	Cheese Beans, Lettuce,	Brown Rice	Mashed Potatoes	Baked Beans
Warm Fruit Compote	Tomato	Peas and Carrots	w/Gravy	Sicilian Veggie Mix
Biscuits	Sour Cream & Taco	Warm Cinnamon Baked	Breaded Tomatoes	Apricots
Fruit Juice	Sauce	Apples	Dinner Roll	Whole Grain Wheat
	Sliced Peaches	Whole Grain Wheat	Mandarin Oranges	Graham Crackers
	Taco Chips	Fresh Fruit	internation of anges	Stutium Cruckets
	Pudding	i resii i ruit		
15	16	17	18	19
Sloppy Joe Sandwich	Focaccia Chicken	Ham and Beans	Meat Loaf	Chicken Salad
Brussels Sprouts	Breast	Copper Carrots	Mashed Potatoes	Tortellini Vegetable
Scalloped Corn	Potato Casserole	Combread	w/Gravy	Soup
Bun	Seasoned Greens	Sliced Pears	Broccoli	Creamy Cole Slaw
		Sliced Pears		Assorted Crackers
Apple Slices	Texas Toast		Whole Grain Wheat	
	Tropical Fruit		Pineapple Tidbits	Fruit Salad
22	23	24	25	26
Chicken and Noodles	Saucy Cabbage Rolls	Shepherd's Pie	Beef Pattie	CHEF'S CHOICE
Mashed Potatoes	Corn	Harvard Beets	w/Mushroom Gravy	REGIONAL
Green and Wax Beans	Dinner Roll	Dinner Roll	Mashed Potatoes	FAVORITES WILL
w/Bacon & Onion	Hawaiian Salad	Pears	Carrots	BE SERVED
Whole Grain Wheat			Dinner Roll	
Fresh Grapes			Cinnamon Chunky	
			Applesauce	
29	30			1
Swiss Beef Pattie	Creamed Chicken			
Ranch Potatoes	w/Green Onion &			
Midori Blend Veggies	Pimento			
Whole Grain Wheat	Italian Green Beans			
Mandarin Oranges	Biscuits			
Stundarin Olangos	Sliced Pineapple			
	Sheed I meapple		1	

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.