

## Peace Meal Senior Nutrition Program May 2017

1 Sausage and Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Fruit Compote	2 Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Dinner Roll Mandarin Oranges	3 Pulled Pork Baked Beans Spinach Bun Peaches	4 Beef and Noodles Mashed Potatoes Mixed Vegetables Whole Grain Wheat Fruit Cream Parfait	5 Creamed Chicken w/Grilled Onions and Pimento Peas Escalloped Tomatoes Biscuits Fresh Fruit
8 Salisbury Beef Pattie Mashed Potatoes Buttered Baby Carrots Whole Grain Dinner Roll Pears	9 Chicken Salad Hearty Vegetable Bean Soup Applesauce Orange Juice Crackers Cake	10 Spaghetti Pie Lettuce Salad w/Spring Greens & Dressing Pkt. Corn Bread Stick Hot Buttered Apples w/Cinnamon	11 Focaccia Crusted Chicken Creamed Peas and Potatoes Broccoli Dinner Roll Melon Salad	12 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat (1) Whole Grain Graham Cracker (1) Fresh Fruit
15 Ham and Beans Copper Carrots Cornbread Pineapple Tidbits	16 Mostaccioli w/Meaty Sauce Mexi-Corn Seasoned Greens Whole Grain Wheat Cottage Cheese Fruit Salad	17 Stuffed Chicken Breast Twice Baked Potato Casserole Seasoned Italian Green Beans Dinner Roll Cranberry Oatmeal Cookie	18 Pot Roast with Potatoes, Carrots, and Onions, w/Gravy Creamy Cole Slaw Texas Toast Warm Fruit Crisp	19 Chili Lettuce/Spinach Salad w/Dressing Pkt. Mandarin Oranges Crackers Graham Cracker(1) Pudding
22 Sloppy Joe Baked Corn Casserole Butter Beans Bun Apricots	23 Ham Slices Frosted Sweet Potatoes Peas Texas Toast Tropical Fruit	24 Fried Chicken Mashed Potatoes w/Gravy Tomatoes & Zucchini Whole Grain Dinner Roll Sunshine Salad	25 Taco Salad w/Taco Meat, Beans, Lettuce, Cheese and Tomatoes Sour Cream and Taco Sauce Pears Taco Chips Layered Lemon Dessert	26 Turkey Tetrazzini California Mixed Vegetables Green Beans Whole Grain Wheat Fresh Fruit
29 CLOSED FOR MEMORIAL DAY HOLIDAY	30 Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Dinner Roll Mandarin Oranges	31 Pulled Pork Baked Beans Spinach 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 cash, check and Illinois Link.**