

Peace Meal Senior Nutrition Program

April 2024

1 Sloppy Joes Baked Beans Fire Roasted Corn Fruit Whole Grain Bun	2 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit	3 Beef and Noodles Seasoned Greens Carrots Banana Pudding	4 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	5 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry salad Whole Grain Bun
8 Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	9 Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney Bean Salad Bread/Roll	10 Lasagna Green Beans Romaine Side Salad Berry Crisp	11 BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini sub Roll	12 Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
15 Chicken and Wild Rice Soup 3 Bean Salad Carrot and Raisin Salad Fruit Crackers	16 Ham Loaf with Glaze Mashed Sweet Potatoes Brussels Sprouts Pineapple Chunks Bread/Roll	17 Salisbury Steak Mashed Potatoes with Brown Gravy Peas and Pearl Onions Broccoli salad Bread/Roll	18 Spaghetti w/Meat Sauce Squash Seasoned Green Beans Romaine Side Salad	19 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread/Roll
22 Polish Sausage with Sauerkraut Baby Bakers Stewed Tomatoes Fruit Bread	23 Meatloaf Au Gratin Potatoes Creamed Peas Five Cup Salad Bread/Roll	24 Chicken Pot Pie Buttery Lemon Potatoes Broccoli Florets Cherry Fluff Biscuit	25 Pepper Steak over Rice Kyoto Vegetables Warm Apples Heritage Cole Slaw	26 Chicken Ravioli with Mushroom Sauce Nantucket Vegetables Cauliflower Fresh Fruit
29 Sloppy Joes Baked Beans Fire Roasted Corn Fruit Whole Grain Bun	30 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit			

For Reservations Call 1-800-543-1770

0Skim 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 \$4.00 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 Beef and Noodles Seasoned Greens Carrots Banana Pudding	2 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Dessert	3 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry Salad Whole Grain Bun
6 Breakfast Casserole Warm Michigan Fruit Roasted Sweet Potatoes Fruit Juice Muffin or Cinnamon Roll	7 Fried Chicken Twice Baked Mashed Potatoes Honey Glazed Baby Carrots Kidney Bean Salad Bread/Roll	8 Lasagna Green Beans Romaine Side Salad Berry Crisp	9 BBQ Riblet Parmesan Roasted Potatoes Creamed Corn Coleslaw Mini Sub Roll	10 Chicken Strips Mashed Potatoes with White Gravy Garlic Vegetables Fruit or Salad Bread/Roll
13 Chicken and Wild Rice Soup 3 Bean Salad Carrot and Raisin Salad Fruit Crackers	14 Ham Loaf with Glaze Mashed Sweet Potatoes Brussels Sprouts Pineapple Chunks Bread/Roll	15 Salisbury Steak Mashed Potatoes with Brown Gravy Peas and Pearl Onions Broccoli salad Bread/Roll	16 Spaghetti w/Meat Sauce Squash Seasoned Green Beans Romaine Side Salad	17 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread/Roll
20 Polish Sausage with Sauerkraut Baby Bakers Stewed Tomatoes Fruit Bread	21 Meatloaf Au Gratin Potatoes Creamed Peas Five Cup Salad Bread/Roll	22 Chicken Pot Pie Buttery Lemon Potatoes Broccoli Florets Cherry Fluff Biscuit	23 Pepper Steak over Rice Kyoto Vegetables Warm Apples Heritage Cole Slaw	24 Chicken Ravioli with Mushroom Sauce Nantucket Vegetables Cauliflower Fresh Fruit
27 Closed for Memorial Day Observance	28 Biscuits and Gravy Paco Vegetable Blend Warm Fruit Fruit Juice Whole Grain Biscuit	29 Beef and Noodles Seasoned Greens Carrots Banana Pudding	30 Taco Salad w/Meat, Lettuce, Beans, Tomatoes & Salsa Fruit Whole Grain Chips Kitchen Choice Treat	31 Chicken Salad Minestrone Soup Cantaloupe and Honeydew Cranberry salad Whole Grain Bread

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