Peace Meal Senior Nutrition Program February 2021

1	2	3	4	5
BBQ Pork Sandwich	Chicken Broccoli Rice	Savory Sausage Stew	Meatloaf	Tuna Noodle Casserole
Mini Potato Bakers	Bake	w/Beans	Mashed Potatoes	Green & Wax Beans
Mixed Vegetables	Corn	Lyonnais Carrots	w/Gravy	w/Pimentos
Bun	Whole Grain Wheat	Biscuits	Seasoned Peas	Apricots
Fruit Juice	Warm Fruit Combo	Scalloped Pineapple	Whole Grain Wheat	Dinner Roll
			Overnight Fruit Salad	Raisins
8	9	10	11	12
Beef and Noodles	Turkey Pot Roast with	Ham/Cabbage Combo	Baked Chicken	Swedish Meatballs
Mashed Potatoes	Baby Carrots and	Baked Beans	Delmonico Potatoes	Scalloped Corn
Brussels Sprouts	Celery	Dinner Roll	Italian Green Beans w/	Black-Eyed Pea Salad
Whole Grain Wheat	Macaroni and Cheese	Cinnamon Applesauce	Tomatoes, Onions &	Whole Grain Wheat
Peaches	w/Peas		Bacon	Seasonal Dessert
	Dinner Roll		Texas Toast	
	Pineapple Chunks		Pears	
15 Chicken Pot Pie	16	17	18	19
Broccoli	Ham and Beans	Vegetable Lasagna	Roast Beef in Gravy	Cheese Salad Sandwich
Biscuit	Copper Carrots	Mixed Lettuce Salad	Mashed Potatoes	Vegetable Soup
Whole Grain Fruit Bar	Cornbread	w/Dressing	Seasoned Green Beans	Bun or Bread &
	Fruit Cocktail	Dinner Roll	Whole Grain Wheat	Crackers
		Warm Fruit Cobbler	Fruited Gelatin	Mandarin Oranges
22	23	24	25	26
Breakfast Casserole	Shepherd's Pie	Fried Chicken	Beef Stew w/Potatoes,	Salmon Loaf
Warm Fruit Compote	Harvard Beets	Mashed Potatoes	Carrots, and Onions	Frosted Sweet Potatoes
Fruit Juice	Dinner Roll	w/Gravy	Tangy Cole Slaw	Buttered Midori
Cinnamon Roll	Fresh Fruit	Spinach	Dinner Roll	Vegetables
Craisins		Whole Grain Wheat	Warm Bread Pudding	Whole Grain Wheat
		Pears	w/Fruit	Chunky Applesauce

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 March 2021

1	2	2	14	5
BBQ Pork Sandwich	Chicken Broccoli Rice	3 Savory Sausage Stew	4 Meatloaf	Tuna Noodle Casserole
Mini Potato Bakers	Bake	w/Beans	Mashed Potatoes	Green & Wax Beans
Mixed Vegetables	Corn	Lyonnais Carrots	w/Gravy	w/Pimentos
Bun	Whole Grain Wheat	Biscuits	Seasoned Peas	Apricots
Fruit Juice	Warm Fruit Combo	Scalloped Pineapple	Whole Grain Wheat	Dinner Roll
Fruit Juice	warm Fruit Combo	Scalloped Pilleapple		Raisins
8 Beef and Noodles	0	10	Overnight Fruit Salad	Raisins 12
	9	10	11 Delegal Chieles	Swedish Meatballs
Mashed Potatoes	Turkey Pot Roast with	Ham/Cabbage Combo Baked Beans	Baked Chicken	
Brussels Sprouts	Baby Carrots and	Buntou Bound	Delmonico Potatoes	Scalloped Corn
Whole Grain Wheat	Celery	Dinner Roll	Italian Green Beans w/	Black-Eyed Pea Salad
Peaches	Macaroni and Cheese	Cinnamon Applesauce	Tomatoes, Onions &	Whole Grain Wheat
	w/Peas		Bacon	Seasonal Dessert
	Dinner Roll		Texas Toast	
1.5	Pineapple Chunks	1.7	Pears	10
15 Cl: 1 P + P:	16	17	18	19 T. C. 1. 1. C. 1. 1. 1
Chicken Pot Pie	Ham and Beans	Chili Mac	Roast Beef in Gravy	Tuna Salad Sandwich
Broccoli	Copper Carrots	Mixed Lettuce Salad	Mashed Potatoes	Vegetable Soup
Biscuit	Cornbread	w/Dressing	Seasoned Green Beans	Bun or Bread &
Whole Grain Fruit Bar	Fruit Cocktail	Dinner Roll	Whole Grain Wheat	Crackers
		Warm Fruit Cobbler	Fruited Gelatin	Mandarin Oranges
22	23	24	25	26
Breakfast Casserole	Shepherd's Pie	Fried Chicken		Salmon Loaf
Warm Fruit Compote	Harvard Beets	Mashed Potatoes	Beef Stew w/Potatoes,	Frosted Sweet Potatoes
Fruit Juice	Dinner Roll	w/Gravy	Carrots, and Onions	Buttered Midori
Cinnamon Roll	Fresh Fruit	Spinach	Tangy Cole Slaw	Vegetables
Craisins		Whole Grain Wheat	Dinner Roll	Whole Grain Wheat
		Pears	Warm Bread Pudding	Chunky Applesauce
			w/Fruit	- " J FF
29	30	31		
BBQ Pork Sandwich	Chicken Broccoli Rice	CHEF'S CHOICE		
Mini Potato Bakers	Bake	REGIONAL		
Mixed Vegetables	Corn	FAVORITES WILL		
Bun	Whole Grain Wheat	BE SERVED		
Fruit Juice	Warm Fruit Combo			

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