

Peace Meal Senior Nutrition Program June 2017

			1 Beef and Noodles Mashed Potatoes Mixed Vegetables Whole Grain Wheat Fruit Cream Parfait	2 Creamed Chicken w/Grilled Onions and Pimento Peas Escalloped Tomatoes Biscuits Fresh Fruit
5 Salisbury Beef Pattie Mashed Potatoes Buttered Baby Carrots Whole Grain Dinner Roll Pears	6 Chicken Salad Hearty Vegetable Bean Soup Applesauce Orange Juice Crackers Cake	7 Spaghetti Pie Lettuce Salad w/Spring Greens & Dressing Pkt. Corn Bread Stick Hot Buttered Apples w/Cinnamon	8 Focaccia Crusted Chicken Creamed Peas and Potatoes Broccoli Dinner Roll Melon Salad	9 Meatloaf Mashed Potatoes w/Gravy Midori Blend Veggies Whole Grain Wheat (1) Whole Grain Graham Cracker (1)
12 Ham and Beans Copper Carrots Cornbread Pineapple Tidbits	13 Mostaccioli w/Meaty Sauce Mexi-Corn Seasoned Greens Whole Grain Wheat Cottage Cheese Fruit Salad	14 Stuffed Chicken Breast Twice Baked Potato Casserole Seasoned Italian Green Beans Dinner Roll Cranberry Oatmeal Cookie	15 Pot Roast with Potatoes, Carrots and Onions, w/Gravy Creamy Cole Slaw Texas Toast Warm Fruit Crisp	16 Chili Lettuce/Spinach Salad w/Dressing Pkt. Mandarin Oranges Crackers & Graham Crackers (1) Pudding
19 Sloppy Joe Baked Corn Casserole Butter Beans Bun Apricots	20 Ham Slices Frosted Sweet Potatoes Peas Texas Toast Tropical Fruit	21 Fried Chicken Mashed Potatoes w/Gravy Tomatoes & Zucchini Whole Grain Dinner Roll Sunshine Salad	22 Taco Salad w/Taco Meat, Beans, Lettuce, Cheese and Tomatoes Sour Cream and Taco Sauce Pears Taco Chips Layered Lemon Dessert	23 Turkey Tetrizzini California Mixed Vegetables Green Beans Whole Grain Wheat Fresh Fruit
26 Sausage and Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Fruit Compote	27 Pepper Beef over Brown Rice Lima Beans Harvard Beets Whole Grain Dinner Roll Mandarin Oranges	28 Pulled Pork Baked Beans Spinach Bun Peaches	29 Beef and Noodles Mashed Potatoes Mixed Vegetables Whole Grain Wheat Fruit Cream Parfait	30 CHEF'S CHOICE (or) Creamed Chicken w/Grilled Onions and Pimento Peas Escalloped Tomatoes Biscuits

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.**