

Peace Meal Senior Nutrition Program

May 2023

1 Ham and Beans Copper Carrots Sliced Pears Cornbread	2 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun	3 Taco Salad Sliced Peaches Taco Chips Dessert	4 Chicken Mac & Cheese Black Beans & Corn Herbed Peas Watermelon	5 Liver & Onions Au Gratin Potatoes Green Beans Fruit Roll
8 Burger or Brat Ranchero Beans Corn Pineapple Bun	9 Chicken Pot Pie Beets Fruit Biscuit Dessert	10 Marinated Pork Loin Twice Baked Potato Casserole Green Beans Italiano Tropical Fruit Dinner Roll	11 Chicken Salad Vegetable Soup Bean Salad Fruit Bread	12 Lasagna Seasoned Cauliflower Peas Romaine Salad
15 Bacon, Egg & Cheese Bake Roasted Vegetables Chunky Applesauce Juice Biscuit	16 Meatloaf Creamed Peas & Potatoes Breaded Tomatoes Fruit Bread	17 Beef Stew w/Vegetables Sweet Potato Souffle Cucumber Salad Roll	18 Penne Pasta with Meatballs & Marinara Italian Vegetables Peas Romaine Salad	19 Hawaiian Chicken Baked Beans Asparagus Tropical Fruit Bread
22 Chili Cheese Salad Mandarin Oranges Tomato Salad Bread & Crackers	23 Fried Chicken Mashed Potatoes & Gravy Green Bean Casserole Coleslaw Roll	24 Turkey Pot Roast Baby Bakers Peas & Pearl Onions Bread Dessert	25 Goulash Mixed Greens Corn Fruit	26 Peppered Beef over Brown Rice Glazed Carrots Buttered Hominy Fruit
29 MEMORIAL DAY HOLIDAY	30 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun	31 Taco Salad Sliced Peaches Taco Chips Dessert		

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.

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June 2023

			1 Chicken Mac & Cheese Black Beans & Corn Herbed Peas Watermelon	2 Liver and Onions Au Gratin Potatoes Green Beans Fruit Roll
5 Burger or Brat Ranchero Beans Corn Pineapple Bun	6 Chicken Pot Pie Beets Fruit Biscuit Dessert	7 Marinated Pork Loin Twice Baked Potato Casserole Green Beans Italiano Tropical Fruit Dinner Roll	8 Chicken Salad Vegetable Soup Bean Salad Fruit Bread	9 Lasagna Seasoned Cauliflower Peas Romaine Salad
12 Bacon, Egg & Cheese Bake Roasted Vegetables Chunky Applesauce Juice Biscuit	13 Meatloaf Creamed Peas & Potatoes Breaded Tomatoes Fruit Bread	14 Beef Stew w/Vegetables Sweet Potato Souffle Cucumber Salad Roll	15 Penne Pasta with Meatballs & Marinara Italian Vegetables Peas Romaine Salad	16 Hawaiian Chicken Baked Beans Asparagus Tropical Fruit Bread
19 Chili Cheese Salad Mandarin Oranges Tomato Salad Bread & Crackers	20 Fried Chicken Mashed Potatoes & Gravy Green Bean Casserole Coleslaw Roll	21 Turkey Pot Roast Baby Bakers Peas & Pearl Onions Bread Dessert	22 Goulash Mixed Greens Corn Fruit	23 Peppered Beef over Brown Rice Glazed Carrots Buttered Hominy Fruit
26 Ham and Beans Copper Carrots Sliced Pears Cornbread	27 Sloppy Joe Roasted Sweet Potatoes Broccoli Fruit Bun	28 Taco Salad Sliced Peaches Taco Chips Dessert	29 Chicken Mac & Cheese Black Beans & Corn Herbed Peas Watermelon	30 COOK'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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