

## Peace Meal Senior Nutrition Program March 2025

<b>3</b> <b>Biscuits and Gravy</b> <b>Paco Blend Veggies</b> <b>Hot Fruit</b> <b>Fruit Juice</b>	<b>4</b> <b>Shepherd's Pie with</b> <b>Vegetables and</b> <b>Mashed Potatoes</b> <b>Hot Beets</b> <b>Banana Pudding</b> <b>Dinner Roll</b>	<b>5</b> <b>Chicken and Noodles</b> <b>Carrots</b> <b>Seasoned Greens</b> <b>Pea Salad</b>	<b>6</b> <b>Taco Salad with Meat</b> <b>Lettuce, Spinach,</b> <b>Beans And Tomatoes</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Salsa</b> <b>Kitchen's Choice</b> <b>Dessert</b>	<b>7</b> <b>Southern Breaded</b> <b>Fish</b> <b>Baked Beans</b> <b>Corn</b> <b>Sour Cream</b> <b>Cucumbers</b> <b>Bun</b>
<b>10</b> <b>Shredded BBQ</b> <b>Chicken Sandwich</b> <b>German Potato Salad</b> <b>Scandinavian Veggies</b> <b>Cinnamon Applesauce</b> <b>Bun</b>	<b>11</b> <b>Chili Mac</b> <b>Brussels Sprouts</b> <b>Cauliflower</b> <b>Watergate Salad</b>	<b>12</b> <b>Country Fried Steak</b> <b>Mashed Potatoes with</b> <b>White Gravy</b> <b>Green Beans</b> <b>Broccoli Salad</b> <b>Bread or Roll</b>	<b>13</b> <b>Stuffed Chicken</b> <b>Breast</b> <b>Delmonico Potatoes</b> <b>Venetian Blend</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>14</b> <b>Tuna Salad</b> <b>Potato Soup</b> <b>Tangy Coleslaw</b> <b>Tropical Fruit Salad</b> <b>Bun</b>
<b>17</b> <b>Ham and Beans</b> <b>Copper Carrots</b> <b>Mixed Fruit</b> <b>Cornbread</b> <b>Kitchen's Choice</b> <b>Dessert</b>	<b>18</b> <b>Pizza Mac</b> <b>Casserole</b> <b>Corn</b> <b>Spiced Apples</b> <b>Kidney Bean</b> <b>Salad</b>	<b>19</b> <b>Meatloaf</b> <b>Ranch Mashed</b> <b>Potatoes</b> <b>Peas and Pearl</b> <b>Onions</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>20</b> <b>Mushroom</b> <b>Crusted Chicken</b> <b>Breast</b> <b>Baby Bakers</b> <b>Stewed Tomatoes</b> <b>Fruit Pudding</b> <b>Salad</b> <b>Bread or Roll</b>	<b>21</b> <b>Vegetable Lasagna</b> <b>California Blend</b> <b>Fruit Crisp</b> <b>Romaine Salad</b>
<b>24</b> <b>Stuffed Green</b> <b>Peppers</b> <b>Buttered Hominy</b> <b>Carrots</b> <b>Raisins or Craisins</b>	<b>25</b> <b>Fried Chicken</b> <b>Hash Brown</b> <b>Casserole</b> <b>Green Beans</b> <b>Cherry Fluff</b> <b>Bread or Roll</b>	<b>26</b> <b>Pulled Pork with Mac</b> <b>And Cheese</b> <b>Beets</b> <b>Breaded Tomatoes</b> <b>Hot Fruit Compote</b>	<b>27</b> <b>Roast Beef</b> <b>Mashed Potatoes</b> <b>with Brown Gravy</b> <b>Green Bean Casserole</b> <b>Coleslaw</b> <b>Bread or Roll</b>	<b>28</b> <b>CHEF'S CHOICE</b> <b>FAVORITES WILL</b> <b>BE SERVED</b>

### 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 \$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.