Peace Meal Senior Nutrition Program July 2024

1 Grilled Chicken	2	3	4	5
Breast	Goulash	Ham and Beans	CLOSED FOR	Breaded Fish
Black Eye Pea Salad	Buttered Hominy	Copper Carrots	INDEPENDENCE	German Potato
Green Beans	Seasoned Greens	Peaches	DAY	Salad
Fruit	Chunky Applesauce	Cornbread		Corn
Bun	J FF	Kitchen Choice		Watermelon
		Dessert		Bun
8	9	10	11	12
Vegetable Lasagna	Tamale Pie	Marinated Pork	Brats	Chicken Strips
Nantucket Veggies	Cauliflower	Loin	Cheesy Potato Bites	Mashed Potatoes w/
Stewed Tomatoes	Hot Fruit	Mashed Sweet	Green Beans	White Gravy
Fruit	Mexican Salad	Potatoes	Fruit	Mixed Vegetables
	Cornbread	Brussels Sprout	Bun	Hawaiian Salad
		Cauliflower and		Bread
		Broccoli Salad		21000
		Bread		
15	16	17	18	19
Pulled Pork	Meatloaf	Chicken Broccoli	Chef Salad	Chicken and
Baked Beans	Potato Salad	Rice Bake	Ham, Turkey, Egg,	Noodles
Corn	Carrots	Hot Beets	Cheese, Veggies	Mashed Potatoes
Apricots	Hot Fruit Crisp	Herbed Peas	Banana Split Fluff	Green Beans
Bun	Bread	Dreamsicle Salad	Bread or Roll	Tomato Salad
	21000	Bread or Roll		Bread or Roll
22	23	24	25	26
Biscuits and Gravy	Fried Chicken	Hamburger	Sub Sandwich	Pasta with Meat
Paco Blend Veggies	Twice Baked	Hash Brown	Turkey, Ham, Cheese	Sauce
Hot Fruit	Mashed Potatoes	Casserole	Veggie Pasta Salad	Peas
Fruit Juice	Lima Beans	Corn and Black	Minestrone Soup	California Blend
Truit outer	Cucumber Salad	Beans	Summer Fruit Salad	Romaine Side Salad
	Bread or Roll	Pina Colada Cake	Mini Sub Bun	
	21000 01 11011	Bun		
29	30	31		
Grilled Chicken	Goulash	Ham and Beans		
Breast	Buttered Hominy	Copper Carrots		
Black Eye Pea Salad	Seasoned Greens	Peaches		
Green Beans	Chunky Applesauce	Cornbread		
Fruit	J FF	Kitchen Choice		
Bun		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 \$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.

Peace Meal Senior Nutrition Program August 2024

			Taco Salad with Beans and Tomatoes Fruit Chips Salsa	2 Breaded Fish German Potato Salad Corn Watermelon
			Kitchen Choice Dessert	Bun
5 Vegetable Lasagna Nantucket Veggies Stewed Tomatoes Fruit	6 Tamale Pie Cauliflower Hot Fruit Mexican Salad Cornbread	7 Marinated Pork Loin Mashed Sweet Potatoes Brussels Sprouts Cauliflower Broccoli Salad Bread	8 Brats Cheesy Potato Bites Green Beans Fruit Bun	9 Chicken Stripes Mashed Potatoes w/ White Gravy Mixed Vegetables Hawaiian Salad Bread
Pulled Pork Baked Beans Corn Apricots Bun	13 Meatloaf Potato Salad Carrots Hot Fruit Crisp Bread	14 Chicken Broccoli Rice Bake Hot Beets Herbed Peas Dreamsicle Salad Bread or Roll	Chef Salad Ham, Turkey, Cheese,Egg, Veggies Banana Split Fluff Bread or Roll	16 Chicken and Noodles Mashed Potatoes Green Beans Tomato Salad Bread or Roll
19 Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice	20 Fried Chicken Twice Baked Mashed Potatoes Lima Beans Cucumber Salad Bread or Roll	21 Hamburger Hashbrown Casserole Corn and Black Beans Pina Colada Cale Bun	Sub Sandwich Ham, Turkey, Cheese Veggie Pasta Salad Minestrone Soup Summer Fruit Salad Sub Bun	23 Pasta with Meat Sauce Peas California Blend Romaine Salad
26 Grilled Chicken Breast Black Eye Pea Salad Green Beans Fruit Bun	27 Goulash Buttered Hominy Seasoned Greens Chunky Applesauce	28 Ham and Beans Copper Carrots Peaches Cornbread Kitchen Choice Dessert	29 Taco Salad with Beans and Tomatoes Fruit Chips Salsa Kitchen Choice Dessert	30 Breaded Fish German Potato Salad Corn Watermelon Bun

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