Peace Meal Senior Nutrition Program February 2025

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

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 March 2025

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

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.