

## Peace Meal Senior Nutrition Program June 2024

<b>3</b> <b>Breakfast Casserole</b> <b>Warm Michigan Fruit</b> <b>Roasted Sweet Potatoes</b> <b>Fruit Juice</b> <b>Muffin or Cinnamon Roll</b>	<b>4</b> <b>Fried Chicken</b> <b>Twice Baked Mashed Potatoes</b> <b>Honey Glazed Baby Carrots</b> <b>Kidney bean salad</b> <b>Bread/Roll</b>	<b>5</b> <b>Lasagna</b> <b>Green Beans</b> <b>Romaine Side Salad</b> <b>Berry Crisp</b>	<b>6</b> <b>BBQ Riblet</b> <b>Parmesan Roasted Potatoes</b> <b>Creamed Corn</b> <b>Coleslaw</b> <b>Mini Sub Roll</b>	<b>7</b> <b>Chicken Strips</b> <b>Mashed Potatoes with White Gravy</b> <b>Garlic Vegetables</b> <b>Fruit or Salad</b> <b>Bread/Roll</b>
<b>10</b> <b>Chicken and Wild Rice Soup</b> <b>3 Bean Salad</b> <b>Carrot and Raisin Salad</b> <b>Fruit</b> <b>Crackers</b>	<b>11</b> <b>Ham Loaf with Glaze</b> <b>Mashed Sweet Potatoes</b> <b>Brussels Sprouts</b> <b>Pineapple Chunks</b> <b>Bread/Roll</b>	<b>12</b> <b>Salisbury Steak</b> <b>Mashed Potatoes with Brown Gravy</b> <b>Peas and Pearl Onions</b> <b>Broccoli Salad</b> <b>Bread/Roll</b>	<b>13</b> <b>Spaghetti w/Meat Sauce</b> <b>Squash</b> <b>Seasoned Green Beans</b> <b>Romaine Side Salad</b>	<b>14</b> <b>Salsa Chicken</b> <b>Tater Tots</b> <b>Corn and Black Beans</b> <b>Fruit</b> <b>Bread/Roll</b>
<b>17</b> <b>Polish Sausage with Sauerkraut</b> <b>Baby Bakers</b> <b>Stewed Tomatoes</b> <b>Fruit</b> <b>Bread</b>	<b>18</b> <b>Meatloaf</b> <b>Au Gratin Potatoes</b> <b>Creamed Peas</b> <b>Five Cup Salad</b> <b>Bread/Roll</b>	<b>19</b> <b>Chicken Pot Pie</b> <b>Buttery Lemon Potatoes</b> <b>Broccoli Florets</b> <b>Cherry Fluff</b> <b>Biscuit</b>	<b>20</b> <b>Pepper Steak over Rice</b> <b>Kyoto Vegetables</b> <b>Warm Apples</b> <b>Heritage Cole Slaw</b>	<b>21</b> <b>Chicken Ravioli with Mushroom Sauce</b> <b>Nantucket Vegetables</b> <b>Cauliflower</b> <b>Fresh Fruit</b>
<b>24</b> <b>Sloppy Joes</b> <b>Baked Beans</b> <b>Fire Roasted Corn</b> <b>Fruit</b> <b>Whole Grain Bun</b>	<b>25</b> <b>Biscuits and Gravy</b> <b>Paco Vegetable Blend</b> <b>Warm Fruit</b> <b>Fruit Juice</b> <b>Whole Grain Biscuit</b>	<b>26</b> <b>Beef and Noodles</b> <b>Seasoned Greens</b> <b>Carrots</b> <b>Banana Pudding</b>	<b>27</b> <b>Taco Salad w/Meat, Lettuce, Beans, Tomatoes &amp; Salsa</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert</b>	<b>28</b> <b>Chef's Choice</b> <b>Regional Favorites</b> <b>Will 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.

## Peace Meal Senior Nutrition Program July 2024

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

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