

Peace Meal Senior Nutrition Program July 2024

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

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			1 Taco Salad with Beans and Tomatoes Fruit Chips Salsa Kitchen Choice Dessert	2 Breaded Fish German Potato Salad Corn Watermelon 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
12 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	15 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 Bun	22 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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