

## Peace Meal Senior Nutrition Program August 2018

		1 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	2 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	3 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches
6 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	7 SOUP AND SALAD BAR SUGGESTED DONATION \$3.50	8 Baked Spaghetti Tossed Salad w/Dressing Packet Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	9 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	10 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
13 Pulled Pork Creamed Peas and Potatoes Mexi Corn Bun Mandarin Oranges	14 SOUP AND SALAD BAR SUGGESTED DONATION \$3.50	15 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw W/Wheat Dinner Roll Fresh Fruit	16 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	17 Hamburger Potato Salad Baked Beans Bun Warm Peach-Pineapple Crumble
20 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	21 SOUP AND SALAD BAR SUGGESTED DONATION \$3.50	22 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	23 Turkey Salad w/Grapes on Lettuce Leaf Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	24 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
27 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	28 SOUP AND SALAD BAR SUGGESTED DONATION \$3.50	29 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	30 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	31 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches

**CALL 309-888-9099 BY NOON THE PRECEDING  
DAY TO RESERVE A MEAL**

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 \$3.50 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.