Peace Meal Senior Nutrition Program
March 2020

2 Beef Stew w/Potatoes, Carrots & Onions Seasoned Greens Biscuits Tropical Fruit	3 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	4 Chicken Tetrazzini Peas and Onions Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	5 Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll Overnight Fruit Salad	6 Salmon Loaf Frosted Sweet Potatoes Midori Blend Vegetables Whole Grain Wheat (1) Pears
9 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Texas Toast Mandarin Oranges	10 SALAD BAR	11 Turkey Pot Roast w/Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	12 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	13 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
16 Beef and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	17 SALAD BAR	18 Swissed Beef Patties w/ Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	19 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	20 Salmon Burger w/Condiment Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
23 Savory Sausage Stew w/Beans Seasoned Carrots Biscuits Spiced Apple Rings	24 SALAD BAR	25 Ravioli w/Meat Sauce Broccoli Corn Whole Grain Wheat Pudding	26 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	27 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
30 Beef Stew w/ Potatoes, Carrots & Onions Seasoned Greens Biscuits Tropical Fruit	31 SALAD BAR			

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.