

Peace Meal Senior Nutrition Program February 2020

3 Beef Stew with Potatoes, Carrots & Onions Seasoned Greens Biscuits Tropical Fruit	4 Chili Mac Tossed Salad Dinner Roll Warm Cinnamon Peaches	5 Chicken Tetrzzini Peas and Onions Seasoned Green Beans w/Pimentos Whole Grain Wheat (1) Chunky Applesauce	6 Roast Beef in Gravy Mashed Potatoes Cabbage Tomato Au Gratin Dinner Roll Overnight Fruit Salad	7 Baked Ham Frosted Sweet Potatoes Midori Blend Vegetables Whole Grain Wheat (1) Pears
10 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion and Bacon Texas Toast Mandarin Oranges	11 Ham and Beans Pickled Beets Cornbread Peaches	12 Turkey Pot Roast with Baby Carrots & Celery Corn Casserole Dinner Roll Pineapple Tidbits	13 Meatloaf Delmonico Potatoes Broccoli & Cauliflower Dinner Roll Cranberry Apple Salad	14 Stuffed Peppers Peas and Carrots Bean Medley Whole Grain Wheat (1) Gelatin with Fruit
17 Beef and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat (1) Apricots	18 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn w/ Lima Beans Bun Fruit Juice	19 Swissed Beef Patties w/Tomato, Onion, Celery, Green Pepper Creamy Coleslaw Dinner Roll Warm Fruit Crisp	20 Breakfast Casserole Warm Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	21 Chicken Parmesan Venetian Blend Vegetables Potato Casserole Dinner Roll Mandarin Oranges
24 Savory Sausage Stew w/Beans Seasoned Carrots Biscuits Spiced Apple Rings	25 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	26 Cheese Manicotti Broccoli Corn Whole Grain Wheat (1) Pudding	27 Salisbury Beef Pattie Mashed Potatoes Spinach Dinner Roll Banana Bread w/Cream Cheese	28 White Fish Burger w/Condiment Baked Beans Fruit Juice Bun Scalloped Pineapple

**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.