

## Peace Meal Senior Nutrition Program January 2018

1 CLOSED FOR NEW YEAR'S HOLIDAY	2 <b>SOUP AND SALAD BAR SUGGESTED DONTATION \$3.50</b>	3 Beef Stew w/ Potatoes, Carrots, and Onions Three Bean Salad Whole Grain Biscuits Warm Fruit Crisp	4 Pork Chop in Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Apricots	5 Turkey Burger Rosemary Roasted Potatoes Butter Beans Bun Pineapple Slice
8 Country Fried Steak Mashed Potatoes w/Gravy Spinach Dinner Roll Fruit Cocktail	9 <b>SOUP AND SALAD BAR SUGGESTED DONTATION \$3.50</b>	10 Lasagna Mixed Lettuce Salad Dressing Packet Green & Wax Beans w/Pimentos Whole Grain Wheat (1) Warm Cinnamon Peaches	11 Fried Chicken Mashed Potatoes w/Gravy Broccoli and Cauliflower Texas Toast Chunky Applesauce	12 Ham or Cheese Salad Hearty Vegetable Soup Diced Pears & Fresh Grapes Bread & Crackers Pumpkin Bar
15 Saucy Stuffed Peppers Corn Lima Beans Whole Grain Wheat (1) Frudel Bar	16 <b>SOUP AND SALAD BAR SUGGESTED DONTATION \$3.50</b>	17 Turkey Pot Roast w/ Carrots & Celery Macaroni and Cheese Italian Green Beans Melon Chunks Whole Grain Wheat (1) Cookie	18 Meatloaf Mashed Potatoes w/Gravy Peas Dinner Roll Peaches	19 Hamburger Buttered Baby Baker Potatoes Creamy Coleslaw Bun Warm Baked Apple
22 Swiss Beef Pattie w/Green Peppers, Onions, and Tomatoes Brown Rice Corn Whole Grain Wheat (1) Applesauce	23 <b>SOUP AND SALAD BAR SUGGESTED DONTATION \$3.50</b>	24 Roast Beef in Gravy Mashed Potatoes Seasoned Greens Texas Toast Plums	25 Stuffed Chicken Breast Baked Onions Midori Blend Vegetables Whole Grain Wheat (1) Pineapple Pistachio Pudding	26 Tuna Noodle Casserole Peas Harvard Beets Whole Grain Wheat (1) Fresh Fruit
29 Chicken and Noodles Mashed Potatoes Seasoned Green Beans Whole Grain Wheat (10) Tropical Fruit	30 <b>SOUP AND SALAD BAR SUGGESTED DONTATION \$3.50</b>	31 Beef Stew w/Potatoes, Carrots, and Onions Three Bean Salad Whole Grain Biscuits Warm Fruit Crisp		

**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.**