

Peace Meal Senior Nutrition Program February 2025

3 Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice	4 Shepherd's Pie with Vegetables and Mashed Potatoes Hot Beets Banana Pudding Dinner Roll	5 Chicken and Noodles Carrots Seasoned Greens Pea Salad	6 Taco Salad with Meat Lettuce, Spinach, Beans And Tomatoes Fruit Whole Grain Chips Salsa Kitchen's Choice Dessert	7 Southern Breaded Fish Baked Beans Corn Sour Cream Cucumbers Bun
10 Shredded BBQ Chicken Sandwich German Potato Salad Scandinavian Veggies Cinnamon Applesauce Bun	11 Chili Mac Brussels Sprouts Cauliflower Watergate Salad	12 Country Fried Steak Mashed Potatoes with White Gravy Green Beans Broccoli Salad Bread or Roll	13 Stuffed Chicken Breast Delmonico Potatoes Venetian Blend Fruit Bread or Roll	14 Tuna Salad Potato Soup Tangy Coleslaw Tropical Fruit Salad Bun
17 Ham and Beans Copper Carrots Mixed Fruit Cornbread Kitchen's Choice Dessert	18 Pizza Mac Casserole Corn Spiced Apples Kidney Bean Salad	19 Meatloaf Ranch Mashed Potatoes Peas and Pearl Onions Fruit Bread or Roll	20 Mushroom Crusted Chicken Breast Baby Bakers Stewed Tomatoes Fruit Pudding Salad Bread or Roll	21 Vegetable Lasagna California Blend Fruit Crisp Romaine Salad
24 Stuffed Green Peppers Buttered Hominy Carrots Raisins or Craisins	25 Fried Chicken Hash Brown Casserole Green Beans Cherry Fluff Bread or Roll	26 Pulled Pork with Mac And Cheese Beets Breaded Tomatoes Hot Fruit Compote	27 Roast Beef Mashed Potatoes with Brown Gravy Green Bean Casserole Coleslaw Bread or Roll	28 Veggie Burger Malibu Vegetables Black-Eyed Pea Salad Fruit or Salad Bun

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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