Peace Meal Senior Nutrition Program January 2025

6	7	8	9	10
Biscuits and Gravy	Shepherd's Pie with	Chicken and	Taco Salad with	Southern Breaded
Paco Blend Veggies	Vegetables and	Noodles	Meat,	Fish
Hot Fruit	Mashed Potatoes	Carrots	Lettuce, Spinach,	Baked Beans
Fruit Juice	Hot Beets	Seasoned Greens	Beans and Tomatoes	Corn
	Banana Pudding	Pea Salad	Fruit	Sour Cream
	Dinner Roll		Whole Grain Chips	Cucumbers
			Salsa	Bun
			Kitchen's Choice	
			Dessert	
13	14	15	16	17
Shredded BBQ	Chili Mac	Country Fried Steak	Stuffed Chicken	Tuna Salad
Chicken Sandwich	Brussels Sprouts	Mashed Potatoes with	Breast	Potato Soup
German Potato	Cauliflower	White Gravy	Delmonico Potatoes	Tangy Coleslaw
Salad	Watergate Salad	Green Beans	Venetian Blend	Tropical Fruit Salad
Scandinavian		Broccoli Salad	Fruit	Bun
Veggies		Bread or Roll	Bread or Roll	
Cinnamon				
Applesauce				
Bun				
20	21	22	23	24
Ham and Beans	Pizza Mac Casserole	Meatloaf	Mushroom Crusted	Vegetable Lasagna
Copper Carrots	Corn	Ranch Mashed	Chicken Breast	California Blend
Mixed Fruit	Spiced Apples	Potatoes	Baby Bakers	Fruit Crisp
Cornbread	Kidney Bean Salad	Peas and Pearl Onions	Stewed Tomatoes	Romaine Salad
Kitchen's Choice		Fruit	Fruit Pudding Salad	
Dessert		Bread or Roll	Bread or Roll	
27	28	29	30	31
Stuffed Green	Fried Chicken	Pulled Pork with Mac	Roast Beef	Veggie Burger
Peppers	Hash Brown	And Cheese	Mashed Potatoes with	Malibu Vegetables
Buttered Hominy	Casserole	Beets	Brown Gravy	Black-Eyed Pea
Carrots	Green Beans	Breaded Tomatoes	Green Bean Casserole	Salad
Raisins or Craisins	Cherry Fluff	Hot Fruit Compote	Coleslaw	Fruit or Salad
	Bread or Roll	•	Bread or Roll	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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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	Country Fried Steak Mashed Potatoes with White Gravy Green Beans Broccoli Salad Bread or Roll	Stuffed Chicken Breast Delmonico Potatoes Venetian Blend Fruit Bread or Roll	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

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