

Peace Meal Senior Nutrition Program January 2025

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