

Peace Meal Senior Nutrition Program June 2025

2 King Ranch Chicken Casserole Corn & Black Beans Stewed Tomatoes Fruit Bread/Roll	3 Cheese Salad Vegetable Beef Soup Coleslaw Mixed Fruit Bread/Roll	4 Hamburger & Bun Tater Tots Baked Beans Broccoli- Cauliflower Salad	5 Chicken Fajitas Onions & Peppers Tortillas Mexican Rice Mexican Green Beans Pears	6 Tuna Casserole Peas Carrots Tomato Salad
9 Pork Carnita Sandwich Roasted Potatoes Mixed Vegetables Fruit	10 Beef Tips in Gravy over Noodles Peas Golden Buttered Hominy Cinnamon Pears	11 Stuffed Chicken Breast Broccoli Rice Casserole Roasted Brussels Sprouts Fruit Bread/Roll	12 Ground Beef Taco Salad Black Beans, Salsa Tomatoes, Sour Cream Fruit Whole Grain Chips Dessert Surprise	13 Liver & Onions Mashed Potatoes Green Beans Beets Bread/Roll
16 Biscuits & Gravy Paco Vegetables Hot Fruit Fruit Juice	17 Fried Chicken Parsley Potatoes Hot Greens Peaches Bread/Roll	18 Swiss Steak Cheesy Potatoes Carrots Fruit Bread/Roll	19 Baked Spaghetti Broccoli Corn Romaine Side Salad	20 Southern Breaded Fish & Bun Pinto Beans Nantucket Vegetables Bacon Ranch Potato Salad
23 Sloppy Joes & Bun German Potato Salad Corn Fruit	24 Glazed Ham Sweet Potatoes Peas Fruit Whole Grain Bread/Roll	25 Meatloaf Twice Baked Mashed Potatoes Green Beans Coleslaw Bread/Roll	26 Orange Chicken Over Rice Broccoli Midori Vegetables Pineapple	27 CHEF'S CHOICE MENU
30 Stay tuned..... this day will show up on the July menu				

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.

Peace Meal Senior Nutrition Program July 2025

June 30 Breakfast Casserole Paco Vegetables Hot Fruit Fruit Juice Muffin	July 1 Stuffed Peppers Buttered Golden Hominy Carrots & Peas Fruit Roll	2 Chicken Parmesan Casserole Kyoto Vegetables Green Beans Peaches	3 Sub Sandwich Ham, Turkey, Cheese Potato Salad Three Bean Salad Summer Salad	4 Closed for Independence Day 
7 Pork Burger & Bun German Potato Salad Baked Beans Fruit	8 Ham & Beans Copper Carrots Pineapple Cornbread Dessert	9 Meatloaf Sour Cream & Chive Mashed Potatoes Carrots Tomato Salad Roll	10 Chicken Salad Sandwich Tomato Basil Soup Tangy Coleslaw Fruit Dessert	11 Pizza Spaghetti Casserole Asparagus Hot Fruit Compote Romaine Side Salad
14 Biscuit & Gravy Roasted Potatoes Hot Spiced Apples Fruit Juice	15 Fried Chicken Twice Baked Mashed Potatoes Stewed Tomatoes Watermelon Bread/Roll	16 Beef Stroganoff Hot Seasoned Greens Roasted Corn Cherry Dump Cake	17 Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise	18 Brat & Bun Cheesy Potatoes Roasted Green Beans Vibrant Summer Fruit Mix
21 Meatball Sub Tater Tots Succotash Fruit	22 Chicken Strips Mashed Potatoes & Gravy Mixed Vegetables Applesauce Bread/Roll	23 Chicken & Noodles Roasted Zucchini & Squash Berry Crisp Cucumber Salad	24 Turkey & Swiss on a Croissant Vegetable Soup Creamy Coleslaw Fruit Salad Crackers	25 Southern Breaded Fish Sandwich Hot Black Eyed Pea Salad Corn Carrot & Raisin Salad
28 Breakfast Casserole Paco Vegetables Hot Fruit Fruit Juice Muffin	29 Stuffed Peppers Buttered Golden Hominy Carrots & Peas Fruit Roll/Bread	30 Chicken Parmesan Casserole Kyoto Vegetables Green Beans Peaches	31 Sub Sandwich Ham, Turkey, Cheese Potato Salad Three Bean Salad Summer Salad	

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