

Peace Meal Senior Nutrition Program June, 2008

2 Ham and Beans Pickled Beets Cornbread Mandarin Oranges And Pineapple	3 Cabbage Casserole w/Spaghetti Meat Sauce Peas and Carrots Warm Roll Chunky Applesauce	4 Turkey Salad Tortellini- Vegetable Soup Wheat Bread Crackers Cinnamon Roll	5 Chicken Pot Pie w/Vegetables Gelatin w/Fruit Biscuit Banana	6 Swedish Meatballs w/gravy Mashed Potatoes Stewed Tomatoes And Zucchini Wheat Bread Cake
9 Goulash Tossed Salad Warm Roll Hot Fruit Compote	10 Pork Loin Roast Potato Casserole Mexi-Corn Wheat Bread Blushing Pears	11 Country Fried Pattie w/gravy Mashed Potatoes Creamy Cole Slaw And Apples White Bread Warm Coffee Cake	12 Veal Parmesan Baked Potato Green Bean Casserole Wheat Bread Pudding	13 Ham and Cheese Casserole Buttered Broccoli Warm Spiced Apple Rings Rye Bread Sherbet or Ice Cream
16 Chicken Breast w/ Cinnamon/Orange Sauce Scalloped Corn Lima Beans Wheat Bread Pineapple Tidbits	17 Swiss Beef Pattie New Red Potatoes Seasoned Wax Beans White Bread Fresh Apple	18 Glazed Ham Loaf Balls Ranch Seasoned Potatoes Italian Vegetables Wheat Bread 5 Cup Fruit Salad	19 Beef and Noodles Copper Carrots Applesauce Wheat Bread Cookie or Brownie	20 Salmon Loaf Baked Rice w/Peas Perfection Salad Wheat Bread Warm Spiced Peaches
23 Sloppy Joe Zippy Baked Beans Warm Cinnamon Apple Slices Bun Apricot	24 Baked Chicken Twice Mashed Potatoes 3 Bean Salad Warm Rolls Cranberry Parfait	25 Bratwurst or Polish Sausage Hot German Potato Salad Harvard Beets and Pineapple Bun Lemon Layered Dessert	26 Lasagna Tossed Salad Italian Bread Fruit Cocktail	27 Chicken Tender Strips Pea and Cheese Salad Fruit Carrot Saute White Bread Warm Fruit Crisp

Central Kitchen

To make reservation, call Bev. Louge at 774-5595
Meals served on Monday and Tuesday contain 100 mg. Cholesterol or less.

Skim milk and desserts with no sugar added are available upon request.

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 \$3.00 for each congregate and home delivered meal. No older person shall be denied a meal because of their failure to contribute all or part of the cost of the meal.

We accept the Illinois Link Card.