

Peace Meal Senior Nutrition Program

July, 2009

June 29 Saucy Riblet Tex-Mex Rice Marinated Slaw Warm Pan Roll Apricots	June 30 Chicken and Noodles Calico Corn Warm Cinnamon Apples Wh. Wheat Bread Pears w/Lime Gelatin	1 Roast Pork Loin Sweet Potatoes Seasoned Bean Medley Wheat Bread Oatmeal Cake	2 Hamburger or Hot Dog Vegetable Pasta Salad Spiced Mandarin Oranges Bun Banana	3 Closed for Independence Day
6 Golden Chicken Cutlet Herb Garlic Beans & Veggies Fruit Juice Wheat Bread Pineapple Tidbits	7 Ham and Beans Copper Carrots Cornbread Mixed Fruit Salad	8 Spaghetti Pie Tossed Lettuce Salad Pan Roll Cantaloupe and Grapes	9 Roasted Herb Chicken Baked Onions Seasoned Green Beans Wh. Wheat Bread Gingerbread	10 Tuna Salad Fresh Tomatoes Cinnamon Pears Wh. Wheat Crackers Rice Pudding
13 BBQ Pork Black-eyed Pea Salad Tomatoes and Zucchini Bun Fresh Orange	14 Glazed Ham Loaf Scalloped Potatoes Cucumber and Onion Salad Wh. Wheat Bread Warm Fruit Compote	15 Mushroom Crusted Chicken Breast Vegetable Rice Pilaf Orange Glazed Beets Wheat Bread Apple Cake	16 Sub Sandwich Lettuce and Tomato Potato Salad Bun Cinnamon Applesauce	17 Italian Meatballs Butter Beans Escalloped Tomatoes Wh. Wheat Bread Gelatin w/Fruit
20 Hearty Vegetable Bean Soup Chicken Salad Rosy Applesauce Pan Roll and Crackers Mandarin Oranges	21 Turkey Cutlet w/ Fruit Glaze Broccoli Rice Casserole Honey Basil Carrots Wheat Bread Melon Salad	22 Taco Salad Peaches w/Fresh Grapes Wh. Wheat Crackers Carrot Raisin Bars	23 Roast Beef w/gravy Mashed Potatoes Sunshine Salad Wheat Bread Warm Fruit Crisp	24 Swiss Beef Pattie Rosemary Roasted Potatoes Spinach Wh. Wheat Bread Pineapple Cheese Salad
27 Saucy Riblet Tex-Mex Rice Marinated Slaw Warm Pan Roll Apricots	28 Chicken and Noodles Calico Corn Warm Cinnamon Apples Wh. Wheat Bread Pears w/Lime Gelatin	29 Roast Pork Loin Sweet Potatoes Seasoned Bean Medley Wheat Bread Oatmeal Cake	30 Hamburger or Hot Dog Vegetable Pasta Salad Spiced Mandarin Oranges Bun Banana	31 Tomato Spanish Rice Seasoned Lima Beans Wh. Grain Corn Muffin Sliced Peaches

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.