

**Peace Meal Senior Nutrition Program-ARC
July 2022**

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| | | | | 1 COOK'S CHOICE REGIONAL FAVORITES WILL BE SERVED |
| 4 CLOSED FOR 4TH OF JULY HOLIDAY | 5 Soup, Salad, & Dessert | 6 Stuffed Chicken Breast Nantucket Veggie Blend Corn Apricots Whole-Grain Wheat | Soup, Salad, & Dessert | 8 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Carrots Jello w/Fruit Whole-Grain Wheat |
| 11 Parmesan Crusted Fish Buttered Baby Potatoes Capri Veggie Blend Pears Whole-Grain Wheat | 12 Soup, Salad, & Dessert | 13 Chicken Tetrazzini Breaded Tomatoes Scandinavian Veggie Blend Mandarin Oranges Whole-Grain Wheat | Soup, Salad, & Dessert | 15 Saucy Riblet Sandwich Au gratin Potatoes Brussel Sprouts Sunshine Salad Bun |
| 18 Sweet 'n Sour Chicken Chunks Stir-Fry Veggie Blend Seasoned Carrots Pineapple Tidbits Dinner Roll | 19 Soup, Salad, & Dessert | 20 Cabbage Rolls Midori Veggie Blend Herbed Peas Chunky Applesauce Whole-Grain Wheat | Soup, Salad, & Dessert | 22 Breakfast Casserole Tri-Pepper & Mushroom Medley Warm Fruit Compote Fresh Seasonal Fruit Whole-Grain Wheat |
| 25 Baked Ham Candied Sweet Potatoes Italian Veggie Blend Fruit Cocktail Dinner Roll | 26 Soup, Salad, & Dessert | 27 Tasty Tuna Salad w/Grapes Copper Carrots Cucumber Salad Dried Cranberries Whole-Grain Crackers or Bread | Soup, Salad, & Dessert | 29 Sub Sandwich Broccoli Salad Seasonal Fruit Dessert Juice Cup Bun |

For Reservations or Information Call

ARC: 309-888-9099 Press 1, at least 24 hours in advance

Due to global supply chain shortages, we may need to substitute on our planned menus with little or no notice. We still guarantee a nutritious meal. We appreciate your patience and understanding.

Skim milk and desserts with no sugar added are available in many locations.

Ask the Site Coordinator 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 \$3.50 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.