Peace Meal Senior Nutrition Program
August 2024

			1 Salisbury Beef Pattie w/gravy Mashed Potatoes Beets Cantaloupe Texas Toast	**2** Turkey/Cheese Sandwich w/Mayo pkt. Lettuce and Tomato Slices Summer Salad Bun Pineapple
5 Turkey Salad w/Grapes Cucumber Salad Three Bean Salad Fruit Cocktail Roll	**6** **Salad Bar**	**7** Taco Salad w/Beans Meat, Cheese Lettuce, Tomatoes Sour Cream, Taco Sauce Pineapple Taco Chips Jello	**8** Hamburger Potato Salad Pork and Beans Peaches Bun	**9** Chicken Parmesan Zucchini Bake Mixed Vegetables Watermelon Whole Grain Wheat
12 Meatballs w/Tangy BBQ Sauce Honey Glazed Baby Carrots Green Beans Mandarin Oranges Whole Grain Wheat	**13** **Salad Bar**	**14** Chicken Enchiladas Vegetable Rice Pilaf Peas Whole grain Wheat Cantaloupe	**15** Stuffed Peppers in Tomato Sauce Green Beans Buttered Corn Whole Grain Roll Tropical Fruit	**16** Saucy Riblet Sandwich Seasoned Broccoli Carrots Peaches Bun
19 Meat Loaf Mashed Potatoes/Gravy Spinach Whole Grain Roll Strawberry Gelatin Salad	**20** **Salad Bar**	**21** Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Dinner Salad Fresh Fruit	**22** Tuna Salad Chef's choice Rotini Vegetable Salad Bun Cantaloupe	**23** Stuffed Chicken Breast Italian Green Beans Peas Macaroni and Cheese Dinner Roll Pineapple
26 Pork Tenderloin Potato Casserole Mixed Vegetables Peaches Bun	**27** **Salad Bar**	**28** Ham w/ Mac and Cheese Carrots Peas Pears Roll	**29** Salisbury Beef Pattie w/gravy Mashed Potatoes Beets Cantaloupe Texas Toast	**30** Turkey/Cheese Sandwich w/Mayo pkt. Lettuce and Tomato Slices Summer Salad Bun Pineapple

ARC: 309-888-9099 Press 1, at least 24 hours in advance by 12 noon.
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.