

Neighborhood House 674-1131 May 2019

(Meals are Subject to Change)



Mon Tue Wed Thu Fri Meal sites

Meal Components						
<ul style="list-style-type: none"> • 3 oz. serving meat / protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk 			1 Chef Salad, Lettuce, Tom, Onion, Egg, Ham, Crou-tons, Pears Ranch	2 Hot Dog Baked Beans Corn Pineapple Wheat Bun	3 Chicken Breast Peas Carrots Peaches Wheat Bun	Tremont 925-5929 Hopedale 449-6034
	6 Cheese Omelet Corn Mixed Veg Biscuit Apple	7 BBQ Pork Tropical Fruit Peas Corn Wheat Bun	8 BLT Pea Salad Pineapple Wheat Bread	9 Cranberry Chicken Mash Potato Carrots Peach	10 Fish Nugget Rice Peas Carrots Pineapple	Pekin 346-5237 Washington 694-6077
	13 French Toast Sausage Corn Spinach Orange	14 Chicken Tender Peas Green Beans Tropical Fruit Fries	15 Spinach Salad Chicken, Spinach, Mixed Berries, Craziens, Crou-tons Peach	16 Riblet Mixed Veg Corn Pineapple Wheat Bun	17 BBQ Chicken Baked Beans Mixed Veg Applesauce Wheat Bun	Peoria city meal sites (open to public) Call 674-2071
	20 Biscuit and Gravy Sausage Carrots Peas Orange	21 Chicken Nugget Baked Beans Fries Corn Peach	22 Turkey Wrap Lettuce, tom, cranberries, on-ion, cheese Pasta salad Pears	23 Sloppy Joes Carrots Peas Pineapple Wheat Bun	24 Chicken Salad Lettuce Pea and Bacon Salad Pears Wheat Bun	St. Sharbel's Hall Sterling Towers Southside Manor Heartland Apt.
	27 closed	28 Pork Chop Peas Carrots\ Mash Potato Pineapple	29 Chef Salad Lettuce, Tom, On-ion, egg, Ham Crou-ton, Pears ranch	30 Hot dog Baked Beans Corn Pineapple Wheat bun	31 Chicken Breast Lima Beans Green Beans Applesauce Wheat Bun	