



# JULY 2024 LUNCH MENU

PEACE, INC. SENIOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>TUNA SALAD W/ CHOPPED EGG SALAD ON KAISER W/ SHREDDED LETTUCE CREAM OF CHEDDAR POTATO SOUP BANANA</p>	<p>2</p> <p>PHILLY STYLE CHEESESTEAK SANDWICH W/ PEPPERS &amp; ONIONS SWEET POTATO FRIES STEAMED BRUSSEL SPROUTS PEANUT BUTTER COOKIE</p>	<p>3</p> <p>SYRACUSE FAMOUS CHICKEN RIGGIES UTICA GREENS (MEATLESS) DICED PEACHES FRESH BAKED DINNER ROLL</p>	<p>4</p> <p><b>NO PEACE LUNCH</b></p> 
<p>8</p> <p>BEEF GOULASH 4-WAY VEGGIE BLEND CHOCOLATE CHIP COOKIE DINNER ROLL</p>	<p>9</p> <p>CHICKEN ALFREDO SERVED OVER BOWTIE PASTA STEAMED BROCCOLI BANANA ITALIAN BREAD</p>	<p>10</p> <p>SMOTHERED SEARED PORK BAKED POTATO W/ SOUR CREAM &amp; CHIVES BUTTERY SLICED CARROTS JELL-O W/ WHIP FRESH BAKED DINNER ROLL</p>	<p>11</p> <p><b>CATERED LUNCHEON</b> PICNIC LUNCH WITH GRILLED HOT DOGS, SALT POTATOES, MAC SALAD AND DESSERT; ENTERTAINMENT BY <i>LOCK 52</i> \$5 - SIGN UP IN OFFICE</p>
<p>15</p> <p>HERB ROASTED CHICKEN W/ GRAVY MASHED SWEET POTATOES CREAMED SPINACH FRESH GRAPES</p>	<p>16</p> <p>BREADED HADDOCK ON A WHOLE WHEAT BUN CONFETTI COLESLAW POTATOES O'BRIEN TROPICAL FRUIT</p>	<p>17</p> <p>SIRLOIN BEEF STROGANOFF SERVED OVER PARSLIED EGG NOODLES CALIFORNIA BLEND VEGGIES FRESH APPLE</p>	<p>18</p> <p>BBQ PULLED PORK SANDWICH ON WHOLE WHEAT KAISER MACARONI SALAD ROASTED SUMMER SQUASH STRAWBERRIES W/ WHIP</p>
<p>22</p> <p>MEATBALL SUB ON WHOLE WHEAT SUB ROLL ROASTED BROCCOLI FLORETS FRUIT COCKTAIL</p>	<p>23</p> <p>EGGPLANT PARMESAN GIANELLI SAUSAGE LINKS SPAGHETTI W/ RED SAUCE DICED MANGO</p>	<p>24</p> <p>JULIENNE SALAD W/ HAM, TURKEY, SWISS, TOMATOES, CUCUMBERS, HARD-BOILED EGG AND OLIVES DINNER ROLL CANTALOUPE</p>	<p>25</p> <p>GOLDEN SAUCE GLAZED CHICKEN QUARTER BAKED BEANS TOMATO &amp; CUCUMBER TORTELLINI SALAD WATERMELON CORNBREAD</p>
<p>29</p> <p>CRANBERRY WALNUT CHICKEN SALAD ON A CROISSANT CHUNKY TOMATO FLORENTINE SOUP CHOCOLATE PUDDING</p>	<p>30</p> <p>GLAZED HAM SWEET POTATOES W/ CINNAMON PECAN CRUNCH SPINACH APPLESAUCE</p>	<p>31</p> <p>SOUTHWESTERN STYLE GRILLED CHICKEN TEX-MEX CORN RED SKIN POTATOES CHOCOLATE PUDDING PINEAPPLE</p>	

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.50 GUESTS UNDER 60... \$7.00  
LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THE DAY BEFORE OR BY THURSDAY 12:30PM FOR THE FOLLOWING WEEK.

*If you have a food allergy, please notify us.*