

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| | | 1 | 2 | 3 |
| | | Sliced Roast Beef with Lettuce & Red Onion on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Vanilla Pudding | Low Sodium Hoffman Chili Dog Crisp Chef's Salad Low Sodium Ranch Dressing Fresh Watermelon | Mushroom Swiss Burger Seasoned Potato Cubes Coleslaw with Raisins Fresh Apple |
| 6 | 7 | 8 | 9 | Happy Mother's Day |
| Golden Battered Cod Filet Baked Potato w/ Sour Cream & Chives 4 Way Mixed Vegetables Vanilla Ice Cream | Chicken and Cheese Sandwich with Peppers and Onions Seasoned Potato Wedges Steamed Brussel Sprouts Tropical Fruit Salad | Meat Sauce Marinara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppysseed Dressing Fresh Baked Lemon Cookie | Grilled Marinated Chicken Breast Sandwich on a Whole Wheat Kaiser Shredded Lettuce, Tomatoes & Ranch Dressing Spring Vegetable Soup Fruit and Yogurt Parfait | Beef Pot Roast with Gravy Smashed Red Skin Potatoes Capri Blend Vegetables Coconut Cream Pie Fresh Baked Wheat Roll |
| 13 | 14 | 15 | 16 | 17 |
| Sliced Turkey & Spinach on Whole Wheat Kaiser Served with Roasted Red Pepper Spread Potato Medley California Blend Vegetables Tapioca Pudding | Barbequed Beef on a Costanzo's Roll Creamy Cucumber Ditalini Salad Fresh Cantaloupe | Salt City Fried Chicken Seasoned Red Skin Potato Wedges Creamy Broccoli Salad Tropical Fruit | Beef and Bean Taco Salad with Lettuce, Tomatoes, Black Olives, Topped with Sour Cream and Tortilla Chips Lemon Meringue Pie | Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Confetti Coleslaw Mandarin Orange Jell-O with Whipped Topping |
| 20 | 21 | 22 | 23 | Brunch 10:30am |
| Open Hot Roast Beef and Gravy Sandwich Oven Roasted Brussel Sprouts Fruit cocktail | Turkey Deluxe Sandwich on Rye With Lettuce, Tomato and Bacon Mayo Chunky Basil Tomato Soup Fresh Strawberries with Whipped Topping | Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad | Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Francais Blend Vegetables Mandarin Oranges | Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice |
| 27 | 28 | 29 | 30 | 31 |
| Memorial Day Closed | Sloppy Joe on Whole Wheat Bun Peas and Carrots Seasoned Potato Cubes Applesauce | Julienne Salad Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg & Olives Crusty Italian Bread Chocolate Cream Pie | Breaded Chicken Breast Filet Served on a Whole Wheat Bun Topped with Sliced Tomatoes and Lettuce Home-style Potato Salad 4 Way Mixed Vegetables Fresh Melon | Freshly Prepared Stuffed Pepper Romaine and Tomato Salad Chocolate Ice Cream |

All Meals Include:

Coffee, tea, milk, bread, and margarine. Menus meet 1/3 of RDA.

Menu is subject to change.

Eligibility:

Everyone age 60 and over (spouses under 60 are welcomed).

Suggested Contribution: \$3 Seniors *Any contribution is gratefully accepted; no client is turned away due to an inability or unwillingness to contribute.* / \$6 Guest meal**Donations/Funding:**

Meals provided by PEACE, Inc. Senior Nutrition Program are funded by: Administration of Community Living, US Dept. of Agriculture, New York State Office for Aging, Onondaga County Office for Aging, and private donations.

Nutrition Meal Locations & Days

(Lunch is served at Noon) 315.470.3331

Bob Cecile Senior Center 315.473.2678
Mon - Fri 174 W Seneca Tnpk - Syr

Brighton Towers Apt. Center 315.469.6919
Tues & Thurs 821 E Brighton Ave, Syr

Camillus Senior Center 315.672.3163
Mon - Fri 27 First St, Camillus

Canton Woods Senior Center 315.638.4536
Mon, Wed, Fri 76 Canton St, Bville

Cicero Senior Center 315.452.3298
Mon, Tues & Fri 5924 Lathrop Rd - Cicero

Dewitt Senior Center 315.470.3331
Tues & Wed 148 Sanders Creek Pkwy, E Syr

Dunbar Center 315.470.3331
Mon, Wed, Fri 1453 S State St, Syr

Eastside Family Resource Cent. 315.470.3325
Fri 201 S Beech St, Syr

Eastwood Community Center 315.437.4011
Tues, Wed & Fri 401 S Midler Ave, Syr

Fay Road Baptist Church 315.468.2071
Tues (Closed in summer) 750 Fay Rd, Syr

Heman Street School Apts. 315.437.3541
Mon & Wed 121 E Heman St, E Syr

Huntington Family Center 315.476.3157
Mon - Fri 405 Gifford St, Syr

Jordan Elbridge Comm. Cent. 315.689.3431
Tues (except the first Tues of the month) & Fri
238 E. Main St, Rt. 31, Jordan

Limestone Community Center 315.682.7001
Mon & Wed 7626 Highbridge Rd, Manlius

Liverpool Methodist Church 315.457.5180
Mon 604 Oswego St, Liverpool

Magnarelli Cent. McChesney Pk 315.473.2673
Mon & Wed 2308 Grant Blvd, Syr

Marcellus United Methodist Ch. 315.726.1611
Thurs 1 Slocombe Ave, Marcellus

Norstar Apts. Community Rm. 315.457.4777
Thurs & Fri 4784 Norstar Blvd, Liverpool

The Meadows Apartments 315.635.6125
Tues & Thurs 3490 Meadowbrier Ln, Bville

N. Syracuse Community Center 315.458.8050
Every 1st Thurs of month 700 S Bay Rd, N Syr

Onondaga Senior Center 315.469.3259
Mon - Thurs 4834 Velasko Rd, Syr

Providence House Apts. 315.471.8427
Mon - Fri 1700 W Onondaga St, Syr

Ross Towers 315.473.8506
Mon, Wed, Fri 710-712 Lodi St, Syr

Salina Civic Center 315.470.3331
Mon - Fri 2826 Lemoyne Ave, Mattydale

Skaneateles Community Center 315.726.1611
Wed 97 State St, Skaneateles

Solvay Masonic Club 315.726.1611
Mon 780 Woods Rd, Solvay

Toomey Abbott Towers 315.428.0180
Tues & Thurs 1207 Almond St, Syracuse

Town of Clay Senior Cent. 315.652.3800 x137
Wed 4948 County Rte 31, Clay

Tully United Community Ch. 315.696.8066
Tues 5876 Meetinghouse Rd, Tully

United Ch. of Christ, Bayberry 315.470.3331
Fri 215 Blackberry Rd, Liverpool

Valley Vista 315.469.4100
Wed 122 W Seneca Turnpike, Syr

Villa Scalabrini Apts. 315.472.3142
Tues & Thurs 825 E Willow St, Syr

Vinette Towers 315.422.0408
Tues, Thurs, Fri 947 Pond St, Syr

Westcott Community Center 315.478.8634
Mon - Fri 826 Euclid Ave, Syr

www.peace-caa.org 315.470.3331



Special Date(s) for May 2019

6-10



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27 Agency Closed



PEACE Inc.

Administrative Office

217 South Salina Street, 2nd floor
Syracuse, NY 13202-1323

315.470.3300 • info@peace-caa.org

www.peace-caa.org

2019

May

Menu

Enjoy a
freshly prepared
healthy meal

PEACE, Inc.

Senior Nutrition

315.470-3331