

Peace Meal Senior Nutrition Program

January 2024

1 CLOSED FOR NEW YEAR'S HOLIDAY	2 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED	3 Beef Manhattan Mashed Potatoes & Gravy Seasoned Green Beans Hot Spiced Peaches Cookies	4 Meatball Sandwich w/Marinara Seasoned Peas Potato Salad Chunky Applesauce Mini Sub Bun	5 Lemon Herb White Fish Baked Onions Honey Glazed Carrots Romaine Salad Whole Grain Bread
8 Chili w/Beans Vegetable Pasta Salad Pineapple Crackers and Cornbread Pudding Cup	9 Chicken Enchiladas Fire Roasted Corn Seasoned Pinto Beans Mexican Coleslaw	10 Meatloaf Cheesy Potatoes Seasoned Greens Romaine Salad Roll	11 Breakfast Casserole Roasted Red Potatoes Spiced Apple Rings Grapes	12 Tuna Casserole Herbed Peas Hot Beets Fruit
15 Biscuits and Gravy Harvest Blend Veggies Hot Fruit Fruit Juice	16 Salisbury Steak Mashed Potatoes w/Gravy Tomatoes and Zucchini Mandarin Oranges Whole Grain Bread	17 Chicken and Noodles Peas & Pearl Onions Cinnamon Carrots Pistachio Salad or Watergate Salad	18 Turkey Pot Roast Baby Bakers Green Beans Broccoli Cauliflower Salad Whole Grain Bread	19 Cheese Salad Hearty Bean Soup Salad Tropical Fruit Whole Grain Bread
22 Pulled Chicken BBQ Roasted Potatoes Black-Eyed Pea Salad Fruit Bun	23 Shepherd's Pie Breaded Tomatoes Fruit Biscuit Cookie	24 Fried Chicken German Potato Salad Mixed Vegetables 5 Cup Salad Whole Grain Bread	25 Turkey Tetrazzini Italian Green Beans Basil Carrots Cherry Fluff	26 Southern Breaded Fish Sandwich Baked Beans Southwestern Corn Apricots Bun
29 Ham and Beans Copper Carrots Pears Cornbread	30 Grilled Chicken Fettuccine Alfredo Broccoli Stewed Tomatoes Pea Salad	31 Beef Manhattan Mashed Potatoes & Gravy Seasoned Green Beans Hot Spiced Peaches Cookies		

For Reservations Call 1-800-543-1770

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 \$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.

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			1 Meatball Sandwich w/Marinara Seasoned Peas Potato Salad Chunky Applesauce Mini Sub Bun	2 Lemon Herb White Fish Baked Onions Honey Glazed Carrots Romaine Salad Whole Grain Bread
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12 Biscuits and Gravy Harvest Blend Veggies Hot Fruit Fruit Juice	13 Salisbury Steak Mashed Potatoes w/Gravy Tomatoes & Zucchini Mandarin Oranges Bread	14 Chicken and Noodles Peas & Pearl Onions Cinnamon Carrots Pistachio or Watergate Salad	15 Turkey Pot Roast Baby Bakers Green Beans Broccoli Cauliflower Bread	16 Cheese Salad Hearty Bean Soup Salad Tropical Fruit Bread
19 Pulled Chicken BBQ Roasted Potatoes Black-Eyed Pea Salad Fruit Bun	20 Shepherd's Pie Breaded Tomatoes Fruit Biscuit Cookie	21 Fried Chicken German Potato Salad Mixed Vegetables 5 Cup Salad Bread	22 Turkey Tetrazzini Italian Green Beans Basil Carrots Cherry Fluff	23 Southern Breaded Fish Sandwich Baked Beans Southwestern Corn Apricots Bun
26 Ham and Beans Copper Carrots Pears Cornbread	27 Grilled Chicken Fettuccine Alfredo Broccoli Stewed Tomatoes Pea Salad	28 Beef Manhattan Mashed Potatoes w/Gravy Seasoned Green Beans Hot Spiced Peaches Bread Cookie	29 Meatball Sandwich w/ Marinara Seasoned Peas Potato Salad Chunky Applesauce Mini Sub Bun	

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