

## Peace Meal Senior Nutrition Program December 2018

3 Sausage in Gravy Mini Potato Bakers Warm Fruit Compote Whole Grain Biscuit Fruit Juice	4 Beef and Noodles Mashed Potatoes Mixed Veggies Whole Grain Wheat Apricots	5 Cabbage Rolls Corn Chunky Applesauce Dinner Roll Frudel Bar	6 Ham and Beans Pickled Beets Cornbread Peaches	7 Chicken Sandwich w/May Pkt. Warm German Potato Salad Tarragon Carrots Bun Fresh Grapes
10 Chicken Pot Pie with Vegetables Brussels Sprouts Whole Grain Biscuit Sliced Pears	11 Mostaccoli w/Meat Sauce Winter Mix Vegetables Tossed Salad w/Dressing Pkt. Dinner Roll Mandarin Oranges	12 Tangy Pork Choep w/Vegetables over Brown Rice Green Beans Rye Warm Cinnamon Apple Slices	13 Fried Chicken Mashed Potatoes w/Gravy Seasoned Venetian Vegetables Whole Grain Wheat Seasonal Dessert	14 Vegetable Beef soup Creamy Cole Slaw Peanut Butter Crackers Raisins
17 Roasted Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dressing Peaches	18 Chili w/Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	19 Beef Stroganoff over Noodles Corn Broccoli Whole Grain Wheat Banana	20 Ham Frosted Sweet Potatoes Midori Blend Veggies Dinner Roll Cranberry Gelatin Salad	21 Liver and Onions Scalloped Potatoes Buttered Peas Graham Crackers Whole Grain Wheat Dreamsicle Gelatin
24 CLOSED FOR CHRISTMAS HOLIDAY	25 CLOSED FOR CHRISTMAS HOLIDAY	26 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice	27 Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie	28 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
31 CLOSED FOR NEW YEAR'S EVE HOLIDAY				

### 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.