

Peace Meal Senior Nutrition Program

September 2026

	1 Chicken Alfredo California Blend Vegetables Peas Fruit Salad	2 Hamburger on a Bun Cheesy Potatoes Cherry Crisp Creamy Coleslaw	3 Baked Ham Sweet Potatoes Roasted Seasoned Brussels Sprouts Dreamsicle Salad Bread/Roll	4 Fried Chicken Baked Beans Corn Potato Salad Roll
7 Closed Labor Day 	8 Chili Mac Cauliflower Nantucket Vegetables Fruit	9 Country Fried Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Tropical Fruit Bread/Roll	10 Chicken Fajitas & Tortillas Mexican Green Beans Pears Mexican Rice	11 Ham, Turkey & Cheese Sub Fresh Tomato Salad 3 Beans Salad Summer Fruit Salad
14 Sloppy Joes on a Bun Rosemary Potatoes Corn Pineapple	15 Breakfast Casserole Paco Blend Vegetables Warm Fruit Juice Bread	16 Beef & Noodles Carrots & Peas Golden Buttered Hominy Watergate Salad	17 Brat on a Bun Baked Beans Fruit Crisp Vegetable Pasta Salad	18 Chef Salad (Ham, Turkey, Cheese & Veggies) Banana Split Fluff Salad Roll & Croutons
21 Ham & Beans Cornbread Copper Carrots Applesauce	22 Meatloaf Twice Baked Mashed Potatoes Lima Beans Hawaiian Salad Bread/Roll	23 Chicken Strips Scalloped Potatoes Green Beans Mandarin Oranges Bread/Roll	24 Spaghetti & Meat Sauce Seasoned Greens Corn Broccoli Salad	25 Chicken Enchilada Casserole Stewed Tomatoes Roasted Corn & Black Beans Fruit
28 We will see you on the next menu 	29 We will see you on the next menu 	30 We will see you on the next menu 		

For Peace Meal 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 \$4.00 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.