

Peace Meal Senior Nutrition Program September 2021

		1 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	2 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	3 Baked Chicken Vegetable Rice Pilaf Harvard Beets Whole Grain Wheat Tropical Fruit
6 CLOSED FOR LABOR DAY HOLIDAY	7 Brat Baked Corn Seasoned Steamed Cabbage Bun Pears	8 Tuna Salad Cheesy Broccoli Soup Summer Salad Assorted Crackers Watermelon	9 Meatloaf Mashed Potatoes w/Gravy Lyonnais Carrots Whole Grain Wheat Pineapple Cheese Salad	10 Steak Burger Baked Beans Creamed Peas Bun Melon Salad
13 Pulled Pork Sandwich Rosemary Roasted Potatoes Italian Green Beans Bun Fruit Juice	14 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomatoes, Sour Cream, and Taco Sauce Mandarin Oranges Taco Chips Pudding	15 White Chili Sunshine Salad Cottage Cheese Crackers Peaches	16 Roast Beef Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat Warm Fruit Cobbler	17 Swissed Beef Pattie Zucchini Bake Mixed Vegetables Whole Grain Wheat Sweet Potato Pie
20 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Breakfast Bar	21 Shepherd's Pie Rotini Vegetable Salad Biscuits Warm Cinnamon Buttered Apples	22 Sub Sandwich w/Lettuce, Spinach, Tomato and Mayo Pkt. 3-Bean Salad Bun Cantaloupe	23 Turkey Salad w/Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	24 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White and Blue Dessert
27 Pork Chop in Gravy Mashed Potatoes Lima Beans Roll Cranberries	28 Spaghetti with Meat Sauce Romaine Lettuce Salad Seasoned Green Beans Roll Oatmeal Raisin Cookie	29 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	30 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	Oct. 1 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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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4 Sausage in Gravy Hash Rounds Orange Juice Sautéed Mushrooms, Onions & Bell Pepper Biscuit	5 Fried Chicken Mashed Potatoes w/Brown Gravy Italian Green Beans Cranberry Salad Whole Grain Wheat	6 Beef Tortellini Peas Carrots Tropical fruit Salad Bread	7 Country Fried Steak Mashed Potatoes w/White Gravy Nantucket Vegetables Apricots Whole Grain Wheat	8 Goulash Seasoned Greens Pineapple Chunks Whole Grain Dinner Roll
11 Chicken and Noodles Mashed Potatoes Warm Pickled Beets Pineapple Whole Grain Wheat	12 Taco Salad w/Meat, Lettuce, Beans, Tomatoes, and Salsa Pears Taco Chips Pudding	13 Ham and Beans Copper Carrots Mandarin Oranges Cornbread	14 Sloppy Joe Sweet Potato Puffs Corn Chunky Applesauce Whole Grain Bun	15 Seasoned Chicken Mashed Potatoes California Medley Seasonal Fruit Dessert Whole Grain Wheat
18 Pork Burger Sandwich Baked Beans Collard Greens Mandarin Oranges Whole Grain Bun	19 Meatloaf Creamed Peas and Potatoes Breaded Tomatoes Peaches Whole Grain Wheat	20 Creamed Chicken w/Green Onions & Pimentos Tarragon Carrots Corn Pineapple Biscuit	21 Beef Stroganoff over Noodles Broccoli 3 Bean Salad Warm Cinnamon Applesauce Whole Grain Wheat	22 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Pumpkin Pie Dressing
25 Settlers Beef and Beans Brussels Sprouts Seasoned Baby Carrots Applesauce Whole Grain Dinner Roll	26 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Pears Whole Grain Wheat Pudding	27 Chili w/Beans Creamy Cole Slaw Peaches Corn Bread Oyster Crackers	28 Vegetable Lasagna Corn Broccoli Romaine Salad w/Dressing Croutons	29 Liver and Onions Potatoes Au Gratin Mixed Vegetables Apricots Whole Grain Wheat

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