

## Peace Meal Senior Nutrition Program September 2023

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|  |  |  |  | 1<br>Southern Breaded<br>Fish Sandwich<br>German Potato Salad<br>Hot Spiced Peaches<br>3 Bean Salad<br>Bun                 |
| 4<br>CLOSED FOR<br>LABOR DAY<br>HOLIDAY  | 5<br>Turkey Burger<br>Ranchero Beans<br>Harvest Veggies<br>Pea Salad<br>Bun                        | 6<br>Beef and Noodles<br>Mashed Potatoes<br>Carrots<br>Romaine Side Salad  | 7<br>Fried Chicken<br>Corn Casserole<br>Green Beans<br>Watermelon<br>Bread                                     | 8<br>Grape Turkey Salad<br>Vegetable Soup<br>Tomato Salad<br>Fruit<br>Bread and Crackers                                   |
| 11<br>Swedish Meatballs<br>Battered Potato Bites<br>Broccoli<br>Fresh Fruit<br>Bread             | 12<br>Cheesy Ham and<br>Potatoes<br>Beets and Pineapple<br>Asparagus<br>Bread                      | 13<br>Meatloaf<br>Mashed Potatoes with<br>Gravy<br>Seasoned Green<br>Beans<br>Coleslaw<br>Roll                   | 14<br>Chicken Fettuccine<br>Alfredo<br>Tarragon Carrots<br>Hot Greens<br>Fruit Salad                           | 15<br>Chef Salad with<br>Ham, Turkey,<br>Lettuce, Cheese, Egg<br>and Veggies<br>Fruit Cup<br>Bread and Croutons<br>Dessert |
| 18<br>Salsa Chicken<br>Parmesan Ranch<br>Mashed Potatoes<br>Corn & Black Beans<br>Fruit<br>Bread | 19<br>Sub Sandwich with<br>Ham, Turkey and<br>Cheese<br>Potato Salad Very<br>Veggie Salad<br>Fruit | 20<br>Turkey Tetrassini<br>Peas<br>Roasted Zucchini<br>Spinach Salad with<br>Mandarin Oranges                    | 21<br>Ham Loaf with Glaze<br>Mashed Sweet<br>Potatoes<br>Brussels Sprouts<br>Pineapple Chunks<br>Bread or Roll | 22<br>Kielbasa with<br>Sauerkraut<br>Delmonico Potatoes<br>Stewed Tomatoes<br>Rosy Applesauce<br>Rye Bread                 |
| 25<br>Biscuits and Gravy<br>Paco Vegetable<br>Blend<br>Hot Fruit<br>Fruit Juice                  | 26<br>Swiss Steak with<br>Peppers, Onion and<br>Tomato<br>Peas<br>Fruit<br>Mac and Cheese          | 27<br>Taco Salad with<br>ground beef, Lettuce,<br>Beans, Tomatoes and<br>Salsa<br>Pears<br>Taco Chips<br>Dessert | 28<br>Ham and Swiss<br>Penne Pasta<br>California Blend<br>Green Beans<br>Cherry Fluff                          | 29<br>CHEF'S CHOICE<br>REGIONAL<br>FAVORITES WILL<br>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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| <b>2</b><br>Ham and Beans<br>Copper Carrots<br>Sliced Pears<br>Cornbread                   | <b>3</b><br>BBQ Riblet<br>Parmesan Roasted Potatoes<br>Succotash<br>Tangy Coleslaw<br>Sub Roll                    | <b>4</b><br>Chicken and Noodles<br>Mashed Potatoes<br>Northwestern Vegetable Blend<br>Five Cup Salad<br>Extra Treat | <b>5</b><br>Country Fried Steak<br>Baby Bakers<br>Stewed Tomatoes<br>Fruit<br>Roll or Bread                           | <b>6</b><br>Beef Stew w/Stew Vegetables<br>Harvest Blend Veggies<br>Dreamsicle Salad<br>Biscuit      |
| <b>9</b><br>Biscuits and Gravy<br>Paco Blend Veggies<br>Hot Fruit<br>Fruit Juice           | <b>10</b><br>Chicken Parmesan w/Marinara<br>Seasoned Green Beans<br>California Blend Veggies<br>Extra Treat       | <b>11</b><br>Meatloaf<br>Mashed Potatoes & Gravy<br>Carrots<br>Creamy Coleslaw<br>Bread or Roll                     | <b>12</b><br>Settlers Beef and Beans<br>Roasted Corn<br>Fruit<br>Cornbread<br>Extra Treat                             | <b>13</b><br>Chicken Broccoli Rice Casserole<br>Herbed Peas<br>Hot Beets & Pineapple<br>Orange Bread |
| <b>16</b><br>Pulled Pork<br>Baked Beans<br>Corn<br>Fruit<br>Bun                            | <b>17</b><br>Chicken Pot Pie<br>Broccoli<br>Rosy Applesauce<br>Biscuit<br>Homemade Dessert                        | <b>18</b><br>Marinated Pork Loin<br>Scandinavian Blend Veggies<br>Spiced Apples<br>Broccoli Salad<br>Bread or Roll  | <b>19</b><br>Lasagna<br>Green Beans<br>Romaine Salad<br>Berry Crisp   | <b>20</b><br>Ham<br>Frosted Sweet Potatoes<br>Peas and Pearl Onions<br>Pistachio Salad<br>Roll       |
| <b>23</b><br>Cheeseburger Soup<br>Pasta Salad<br>Tropical Fruit Mix<br>Roll<br>Pudding Cup | <b>24</b><br>Turkey w/Gravy Dressing<br>Green Bean Casserole<br>Scalloped Apples and Cranberries<br>Fruit Dessert | <b>25</b><br>Goulash<br>Broccoli<br>Buttered Hominy<br>Romaine Salad  | <b>26</b><br>Fried Chicken<br>Twice Baked Mashed Potatoes<br>Seasoned Hot Greens<br>Mandarin Oranges<br>Bread or Roll | <b>27</b><br>Liver and Onions<br>Au Gratin Potatoes<br>Peas<br>Fruit<br>Bread or Roll                |
| <b>30</b><br>Ham and Beans<br>Copper Carrots<br>Sliced Pears<br>Cornbread                  | <b>31</b><br>BBQ Riblet<br>Parmesan Roasted Potatoes<br>Succotash<br>Tangy Coleslaw<br>Sub Roll                   |   |   |  |

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