

Peace Meal Senior Nutrition Program December 2017

				1 Goulash w/Beans Seasoned Greens Dinner Roll Fresh Fruit
4 Gold N Spicy Chicken Breast Fillet Potato Casserole Seasoned Green Beans Dinner Roll Peaches	5 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Pineapple Tidbits Taco Chips Pudding	6 Beef and Noodles Mashed Potatoes Harvard Beets Whole Grain Wheat (1) Cranberry Oatmeal Cookie	7 Ham and Beans Copper Carrots Cornbread Applesauce	8 Pork Chop in Gravy Mashed Potatoes Broccoli and Cauliflower Dinner Roll Cake with Fruit
11 Sloppy Joe Sandwich German Potato Salad Brussels Sprouts Mixed Fruit Bun Orange Bread	12 Meatloaf Creamed Peas and Potatoes Tomatoes and Zucchini Dinner Roll Hawaiian Salad	13 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Whole Grain Wheat (1) Warm Fruit Crisp	14 Saucy Riblet Macaroni and Cheese Warm Black-Eyed Pea Salad Blueberry Muffin Apricots	15 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit
18 Roast Turkey Mashed Potatoes and Gravy Seasoned Green Beans Dressing Peaches	19 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Dinner Roll Pie	20 Chili with Beans Mixed Lettuce Salad w/Dressing Packet Crackers Waldorf Salad	21 Liver and Onions Baked Potato w/Butter and Sour Cream Baby Carrots Texas Toast Blushing Pears	22 Beef Stroganoff w/Noodles Corn Coleslaw Dinner Roll Warm Fruit Compote
25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY	27 Cabbage Rolls in Sauce Corn Broccoli Raisin Bran Muffin Mandarin Oranges	28 Fried Chicken Mashed Potatoes w/gravy Italian Green Beans Texas Toast Cranapple Salad	29 COOK'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.