Peace Meal Senior Nutrition Program October 2018

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1	2	3	4	5
Sloppy Joe	Beef Stew with Veggies	Country Fried Steak	Stuffed Chicken Breast	Meatloaf
Italian Green Beans	Broccoli Salad	Mashed Potatoes	Baked Beans	Creamed Peas and
Scalloped Corn	Whole Grain Biscuit	w/Gravy	Hawaiian Salad	Potatoes
Bun	Warm Fruit Crisp	Seasoned Greens	Dinner Roll	Seasoned Black-Eyed
Pineapple Tidbits		Texas Toast	Oatmeal Cranberry	Peas
		Fruit Juice	Cookie	Whole Grain Wheat
				Fresh Fruit
8	9	10	11	12
Sausage in Gravy	Beef and Noodles	Stuffed Peppers in	Ham and Beans	Chicken Sandwich
Mini Potato Bakers	Mashed Potatoes	Sauce	Pickled Beets	w/Mayo Pkt.
Warm Fruit Compote	Mixed Veggies	Corn	Cornbread	Warm German Potato
Whole Grain Biscuit	Whole Grain Wheat	Chunky Applesauce	Peaches	Salad
Fruit Juice	Apricots	Dinner Roll		Tarragon Carrots
		Frudel Bar		Bun
				Fresh Grapes
15	16	17	18	19
Chicken Pot Pie	Mostaccoli w/Meat	Tangy Pork Chopee w/	Fried Chicken	Vegetable Beef Soup
w/Vegetables	Sauce	Vegetables over Brown	Mashed Potatoes	Creamy Coleslaw
Brussels Sprouts	Winter Mix Vegetables	Rice	w/Gravy	Peanut Butter
Whole Grain Biscuit	Tossed Salad	Green Beans	Seasoned Venetian	Crackers
Sliced Pears	w/Dressing Pkt.	Rye	Vegetables	Raisins
	Dinner Roll	Warm Cinnamon Apple	Whole Grain Wheat	
	Mandarin Oranges	Slices	Seasonal Dessert	
22	23	24	25	26
Roasted Turkey	Chili w/Beans	Beef Stroganoff over	Ham	Liver and Onions
Mashed Potatoes	Mixed Lettuce Salad	Noodles	Frosted Sweet Potatoes	Scalloped Potatoes
w/Gravy	w/Dressing Pkt.	Corn	Midori Blend	Buttered Peas
Green Bean Casserole	Crackers	Broccoli	Vegetables	Graham Crackers
Dressing	Waldorf Salad	Whole Grain Wheat	Dinner Roll	Whole Grain Wheat
Peaches		Banana	Cranberry Gelatin Salad	Dreamsicle Gelatin
29	30	31		
Sloppy Joe	Beef Stew with Veggies	Country Fried Steak		
Italian Green Beans	Broccoli Salad	Mashed Potatoes		
Scalloped Corn	Whole Grain Biscuit	w/Gravy		
Bun	Warm Fruit Crisp	Seasoned Greens		
Pineapple Tidbits		Texas Toast		
		Fruit Juice		

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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5 Sausage in Gravy Mini Potato Bakers Warm Fruit Compote Whole Grain Biscuit Fruit Juice	6 Beef and Noodles Mashed Potatoes Mixed Veggies Whole Grain Wheat Apricots	7 Stuffed Peppers in Sauce Corn Chunky Applesauce Dinner Roll Frudel Bar	Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie 8 Ham and Beans Pickled Beets Cornbread Peaches	2 Meatloaf Creamed Peas and Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat Fresh Fruit 9 Chicken Sandwich w/Mayo Pkt. Warm German Potato Salad Tarragon Carrots Bun Fresh Grapes 16
Chicken Pot Pie with Vegetables Brussels Sprouts Whole Grain Biscuit Sliced Pears	Mostaccoli w/Meat Sauce Winter Mix Vegetables Tossed Salad w/Dressing Pkt. Dinner Roll	Tangy Pork Chopee w/Vegetables over Brown Rice Green Beans Rye Warm Cinnamon Apple	Fried Chicken Mashed Potatoes w/Gravy Seasoned Venetian Vegetables Whole Grain Wheat	Vegetable Beef Soup Creamy Coleslaw Peanut Butter Crackers Raisins
19 Roasted Turkey Mashed Potatoes w/Gravy Dressing Peaches	Mandarin Oranges 20 Chili w/Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	Slices 21 Beef Stroganoff over Noodles Corn Broccoli Whole Grain Wheat Banana	Seasonal Dessert 22 CLOSED FOR THANKSGIVING HOLIDAY	23 CLOSED FOR THANKSGIVING HOLIDAY
26 Sloppy Joe Italian Green Beans Scalloped Corn Bun Pineapple Tidbits	27 Beef Stew w/Veggies Broccoli Salad Whole Grain Biscuit Warm Fruit Crisp	28 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice	29 Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie	30 Meatloaf Creamed Peas and Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat Fresh Fruit

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