

Peace Meal Senior Nutrition Program October 2018

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