

Peace Meal Senior Nutrition Program October 2023

2 Ham and Beans Copper Carrots Sliced Pears Cornbread	3 BBQ Riblet Parmesan Roasted Potatoes Succotash Tangy Coleslaw Sub Roll	4 Chicken and Noodles Mashed Potatoes Northwestern Vegetable Blend Five Cup Salad Extra Treat	5 Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Roll or Bread	6 Beef Stew w/Stew Vegetables Harvest Blend Veggies Dreamsicle Salad Biscuit
9 Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice	10 Chicken Parmesan w/Marinara Seasoned Green Beans California Blend Veggies Extra Treat	11 Meatloaf Mashed Potatoes & Gravy Carrots Creamy Coleslaw Bread or Roll	12 Settlers Beef and Beans Roasted Corn Fruit Cornbread Extra Treat	13 Chicken Broccoli Rice Casserole Herbed Peas Hot Beets & Pineapple Orange Bread
16 Pulled Pork Baked Beans Corn Fruit Bun	17 Chicken Pot Pie Broccoli Rosy Applesauce Biscuit Homemade Dessert	18 Marinated Pork Loin Scandinavian Blend Veggies Spiced Apples Broccoli Salad Bread or Roll	19 Lasagna Green Beans Romaine Salad Berry Crisp	20 Ham Frosted Sweet Potatoes Peas and Pearl Onions Pistachio Salad Roll
23 Cheeseburger Soup Pasta Salad Tropical Fruit Mix Roll Pudding Cup	24 Turkey w/Gravy Dressing Green Bean Casserole Scalloped Apples and Cranberries Fruit Dessert	25 Goulash Broccoli Buttered Hominy Romaine Salad	26 Fried Chicken Twice Baked Mashed Potatoes Seasoned Hot Greens Mandarin Oranges Bread or Roll	27 Liver and Onions Au Gratin Potatoes Peas Fruit Bread or Roll
30 Ham and Beans Copper Carrots Sliced Pears Cornbread	31 BBQ Riblet Parmesan Roasted Potatoes Succotash Tangy Coleslaw Sub Roll			

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.

Peace Meal Senior Nutrition Program

November 2023

		1 Chicken and Noodles Mashed Potatoes Northwestern Vegetable Blend Five Cup Salad Extra Treat	2 Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Bread or Roll	3 Beef Stew w/ Stew Vegetables Harvest Blend Veggies Dreamsicle Salad Biscuit
6 Biscuits and Gravy Paco Blend Vegetables Hot Fruit Fruit Juice	7 Chicken Parmesan w/Marinara Seasoned Green Beans California Blend Veggies Extra Treat	8 Meatloaf Mashed Potatoes w/Brown Gravy Carrots Creamy Coleslaw Bread or Roll	9 Settlers Beef and Beans Roasted Corn Fruit Cornbread Extra Treat	10 Chicken Broccoli and Rice Casserole Herbed Peas Hot Beets and Pineapple Orange Bread
13 Pulled Pork Baked Beans Corn Fruit Bun	14 Chicken Pot Pie Broccoli Rosy Applesauce Biscuit Homemade Dessert	15 Marinated Pork Loin Scandinavian Blend Vegetables Spiced Apples Broccoli Salad Bread or Roll	16 Lasagna Green Beans Romaine Salad Berry Crisp	17 Ham Frosted Sweet Potatoes Peas and Pearl Onions Pistachio Salad Roll
20 Cheeseburger Soup Pasta Salad Tropical Fruit Mix Roll Pudding Cup	21 Turkey w/Gravy Dressing Green Beans Casserole Scalloped Apples and Cranberries Fruit Dessert	22 Goulash Broccoli Bettered Hominy Romaine Salad	23 CLOSED FOR THANKSGIVING HOLIDAY	24 CLOSED FOR THANKSGIVING HOLIDAY
27 Ham and Beans Copper Carrots Sliced Pears Cornbread	28 BBQ Riblet Parmesan Roasted Potatoes Succotash Tangy Coleslaw Sub Roll	29 Chicken and Noodles Mashed Potatoes Northwestern Vegetable Blend Five Cup Salad Extra Treat	30 Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Bread or Roll	

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.