

Peace Meal Senior Nutrition Program September 2022

			1 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	2 Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
5 CLOSED FOR LABOR DAY HOLIDAY	6 Swiss Steak w/Peppers, Onions, Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	7 Brat German Potato Salad Corn, Black Bean and Tomato Medley Peaches Bun	8 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	9 Chicken Alfredo Buttered Peas Diced Carrots Romaine Salad w/Dressing
12 Turkey Burger Pinto Beans w/Bacon Hot Beets Pineapple Bun	13 Beef Tips Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	14 Marinated Pork Loin Mac & Cheese w/Peas Broccoli Tomato Salad	15 Chicken Salad Vegetable Soup Cucumber & Onion Salad Apricots Whole Grain Bread Crackers	16 Lasagna Italian Vegetables Romaine Salad w/Dressing Rosy Applesauce Whole Grain Roll
19 Biscuits and Gravy Baby Bakers Tropical Fruit Compote Juice	20 Fried Chicken Twice Baked Potato Casserole Cooked Spinach Pears Whole Grain Bread	21 Hamburger Baked Beans Corn Potato Salad Bun	22 Taco Salad w/Meat, Lettuce, Beans, Tomatoes and Salsa Pears Taco Chips Surprise Dessert	23 Pulled Pork Green Beans Italiano Yellow Squash Tangy Cole Slaw Bun
26 Stuffed Peppers Sweet Potato Tots Normandy Vegetable Blend 3-Bean Salad Whole Grain Roll	27 Mushroom Crusted Chicken Breast Mashed Potatoes Peas & Pearl Onions Mandarin Oranges Whole Grain Bread	28 Goulash Hot Greens Corn Peaches	29 Chicken Broccoli Rice Bake Tomatoes & Zucchini Green Beans Banana Pudding	30 Southern Breaded Fish w/Tartar Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun

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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3 Pulled Pork Red Skinned Potatoes Seasoned Green Beans Hawaiian Salad Whole Grain Bun	4 Swedish Meatballs Succotash Stewed Tomatoes Clementine Bread	5 Taco Salad w/ Meat, Lettuce, Beans, Tomatoes and Salsa Sliced Pears Taco Chips Dessert	6 Chicken and Noodles Mashed Potatoes Cinnamon Glazed Carrots Pea Salad	7 Marinated Pork Loin Corn Casserole Hot Greens Company Fruit Salad Whole Grain Bread
10 Taco Soup Sliced Beets Peaches Cheese Salad w/Whole Grain Bread	11 Honey Glazed Chicken Rosemary Potatoes Midori Vegetables Cherry Fluff Roll	12 Meatloaf Mashed Potatoes w/Gravy Breaded Tomatoes Romaine Salad w/Dressing Packet Whole Grain Bread	13 Ham Casserole w/Pasta Peas Carrots Pineapple	14 Settlers Beef & Beans Brussels Sprouts Seasoned Cauliflower Fruit Dessert
17 Breakfast Casserole Sautéed Mushrooms, Onions & Bell Peppers Juice Bread	18 Turkey Burger Black Eyed Peas Green Beans Carrot Raisin Salad Whole Grain Bun	19 Fried Chicken Baked Beans Corn Creamy Coleslaw Whole Grain Bread	20 Unstuffed Cabbage Rolls California Blend Whole Grain Fruit Crisp Roll	21 Turkey Pot Roast w/Carrots & Celery Buttered Peas Creamy Cranberry Salad Stuffing Pumpkin Crunch
24 Sloppy Joes Sweet Potato Cubes Green Beans Chunky Applesauce Whole Grain Bun	25 Chicken Pot Pie Tomato & Zucchini Warm Fruit Compote Biscuit	26 Ham and Beans Copper Carrots Fruit Cocktail Cornbread Dessert	27 Pizza Mac Casserole Peas Corn Romaine Salad w/Dressing Packet	28 Liver and onions Potatoes Au Gratin Mixed Vegetables Apricots Whole Grain Roll
31 Pulled Pork Red Skinned Potatoes Seasoned Green Beans Hawaiian Salad Whole Grain Bun				

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