Peace Meal Senior Nutrition Program
November 2026

2 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad	**3** Pork Loin Mashed Sweet Potatoes Brussels Sprouts with Craisins & Bacon Apple Slaw Roll or Bread	**4** Swiss Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Cherry Dessert Roll or Bread	**5** Chicken Parmesan over Spaghetti Broccoli Corn Grapes	**6** Meatloaf Creamed Peas & Potatoes Stewed Tomatoes Apricots Roll or Bread
9 Chili & Peanut Butter Sandwich Coleslaw Peaches Whole Grain Bread	**10** Goulash Golden Buttered Hominy Seasoned Green Beans 5 Cup Salad	**11** Mushroom Crusted Chicken Breast Rosemary Potatoes Mixed Vegetables Broccoli Salad Roll or Bread	**12** Biscuits & Gravy Roasted Root Vegetables Hot Spiced Apples Fruit Juice	**13** Hawaiian Chicken over Rice Broccoli Fruit Dump Cake Side Salad
16 Meatball Sub Tater Tots Corn Fruit Cocktail	**17** Beef Stew Harvest Blend Lima Beans Pickled Beets Whole Grain Biscuit	**18** Baked Ziti California Blend Very Veggie Salad Fruit Crisp	**19** Fried Chicken Cheese Potatoes Peas & Pearl Onions Berry Fluff Roll or Bread	**20** Turkey Sweet Potatoes Green Beans Casserole Cranberry Salad Stuffing Pumpkin Dessert
23 Breakfast Casserole Paco Vegetables Warm Fruit Fruit Juice	**24** Chicken & Noodles Seasoned Greens 3 Bean Salad Fruit Crisp	**25** Turkey & Swiss Sub Sandwich Wild Rice Soup Copper Carrots Tropical Fruit	**26** Closed Happy Thanksgiving 	**27** Closed 
30 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad				

For Peace Meal 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 $4.00 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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December 2026

	1 Pork Loin Mashed Sweet Potatoes Brussels Sprouts with Craisins & Bacon Apple Slaw Roll or Bread	2 Swiss Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Cherry Dessert Roll or Bread	3 Chicken Parmesan over Spaghetti Broccoli Corn Grapes	4 Meatloaf Creamed Peas & Potatoes Stewed Tomatoes Apricots Roll or Bread
7 Chili & Peanut Butter Sandwich Coleslaw Peaches Whole Grain Bread	8 Goulash Golden Buttered Hominy Seasoned Green Beans 5 Cup Salad	9 Mushroom Crusted Chicken Breast Rosemary Potatoes Mixed Vegetables Broccoli Salad Roll or Bread	10 Biscuits & Gravy Roasted Root Vegetables Hot Spiced Apples Fruit Juice	11 Hawaiian Chicken over Rice Broccoli Fruit Dump Cake Side Salad
14 Meatball Sub Tater Tots Corn Fruit Cocktail	15 Beef Stew Harvest Blend Lima Beans Pickled Beets Whole Grain Biscuit	16 Baked Ziti California Blend Very Veggie Salad Fruit Crisp	17 Fried Chicken Cheese Potatoes Peas & Pearl Onions Berry Fluff Roll or Bread	18 Turkey Sweet Potatoes Green Beans Casserole Cranberry Salad Stuffing Pumpkin Dessert
21 Breakfast Casserole Paco Vegetables Warm Fruit Fruit Juice	22 Chicken & Noodles Seasoned Greens 3 Bean Salad Fruit Crisp	23 Turkey & Swiss Sub Sandwich Wild Rice Soup Copper Carrots Tropical Fruit	24 Closed Christmas Eve 	25 Closed Merry Christmas 
28 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad	29 Pork Loin Mashed Sweet Potatoes Brussels Sprouts with Craisins & Bacon Apple Slaw Roll or Bread	30 Swiss Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Cherry Dessert Roll or Bread	31 Chicken Parmesan over Spaghetti Broccoli Corn Grapes	1/1 Closed Happy New Year 

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