## Peace Meal Senior Nutrition Program October 2020

			Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp	Liver and Onions Potatoes Au Gratin Mixed Vegetables Texas Toast Pineapple Pistachio Dessert
5 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuit Warm Cinnamon Buttered Apples	6 Cheese Tortellini Alfredo Peas Kidney Bean Salad Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler	7 Saucy Cabbage Rolls Corn Broccoli Whole Grain Wheat (1) Mandarin Oranges	8 Fried Chicken Mashed Potatoes w/Gravy Italian Green Beans Texas Toast Cranapple Salad	9 Goulash with Beans Seasoned Greens Graham Crackers Dinner Roll Fresh Fruit
Sloppy Joe Rosemary Roasted Potatoes Brussels Sprouts Bun Fruit Juice	Taco Salad w/Meat, Lettuce, Cheese, Beans and Tomatoes Sour Cream & Taco Sauce Pears Taco Chips Pudding	14 Chicken and Noodles Mashed Potatoes Harvard Beets Whole Grain Wheat Peaches	Ham and Beans Copper Carrots Cornbread Chunky Applesauce	16 Salisbury Beef Pattie Mashed Potatoes Venetian Blend Vegetables Whole Grain Wheat (1) Seasonal Dessert
Pork Burger Sandwich Baked Beans Spinach Bun Cranberry Oatmeal Cookie	20 Meatloaf Creamed Peas and Potatoes Tomatoes and Zucchini Whole Grain Wheat (1) Peaches	21 Creamed Chicken with Green Onions & Pimento Warm Black-Eyed Pea Salad Biscuit Sliced Pineapple	22 Beef Stroganoff over Noodles Corn Creamy Coleslaw Whole Grain Wheat Warm Fruit Compote	23 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Pumpkin Pie
Pork Chop in Gravy Mashed Potatoes Seasoned Baby Carrots Dinner Roll Whole Grain Fruit Bar	27 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Whole Grain Wheat (1) Blushing Pears	28 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp	Jo Liver and Onions Potatoes Au Gratin Mixed Vegetables Texas Toast Pineapple Pistachio Dessert

## 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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2		1 4	1 5	
2	3	4	5	6
Sausage in Gravy	Cheese Tortellini	Saucy Cabbage Rolls	Fried Chicken	Goulash with Beans
Mini Potato Bakers	Alfredo	Corn	Mashed Potatoes	Seasoned Greens
Fruit Juice	Peas	Broccoli	w/Gravy	Graham Crackers
Biscuit	Kidney Bean Salad	Whole Grain Wheat(1)	Italian Green Beans	Dinner Roll
Warm Cinnamon	Peanut Butter Cup	Mandarin Oranges	Texas Toast	Fresh Fruit
Buttered Apples	Whole Grain Wheat (1)		Cranapple Salad	
	Warm Fruit Cobbler			
9	10	11	12	13
Sloppy Joe	Taco Salad w/Meat,	Chicken and Noodles	Ham and Beans	Salisbury Beef Pattie
Rosemary Roasted	Lettuce, Cheese, Beans	Mashed Potatoes	Copper Carrots	Mashed Potatoes
Potatoes	and Tomatoes	Harvard Beets	Cornbread	Venetian Blend
Brussels Sprouts	Sour Cream & Taco	Whole Grain Wheat	Chunky Applesauce	Vegetables
Bun	Sauce	Peaches	J 11	Whole Grain Wheat (1)
Fruit Juice	Pears			Seasonal Dessert
	Taco Chips			2 <b>3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3</b>
	Pudding			
16	17	18	19	20
Pork Burger Sandwich	Meatloaf	Creamed Chicken with	Beef Stroganoff over	Roasted Turkey
Baked Beans	Creamed Peas and	Green Onions &	Noodles	Mashed Potatoes
Spinach	Potatoes	Pimento	Corn	w/Gravy
Bun	Tomatoes and Zucchini	Warm Black-Eyed Pea	Creamy Coleslaw	Seasoned Green Beans
Cranberry Oatmeal	Whole Grain Wheat (1)	Salad	Whole Grain Wheat	Dressing
Cookie	Peaches	Biscuit	Warm Fruit Compote	Pumpkin Pie
Cookie	Peaches	Sliced Pineapple	warm Fruit Compote	Pumpkin Fie
23	24	25	26	27
Pork Chop in Gravy	Baked Ham	Chili with Beans	CLOSED FOR	CLOSED FOR
Mashed Potatoes	Candied Sweet Potatoes	Mixed Lettuce Salad	THANKSGIVING	THANKSGIVING
Seasoned Baby Carrots	Buttered Midori	w/Dressing Pkt.	HOLIDAY	HOLIDAY
Dinner Roll	Vegetables	Crackers		
Whole Grain Fruit Bar	Whole Grain Wheat (1)	Waldorf Salad		
20	Blushing Pears			
30				
Sausage in Gravy				
Mini Potato Bakers				
Fruit Juice				
Biscuit				
Warm Cinnamon				
Buttered Apples				

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