

Peace Meal Senior Nutrition Program October 2020

			1 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp	2 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
12 Sloppy Joe Rosemary Roasted Potatoes Brussels Sprouts Bun Fruit Juice	13 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	15 Ham and Beans Copper Carrots Cornbread Chunky Applesauce	16 Salisbury Beef Pattie Mashed Potatoes Venetian Blend Vegetables Whole Grain Wheat (1) Seasonal Dessert
19 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
26 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	29 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp	30 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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