

## Peace Meal Senior Nutrition Program December 2021

		1 Beef Tortellini Peas Carrots Tropical Fruit Salad Bread	2 Country Fried Steak Mashed Potatoes w/White Gravy Nantucket Vegetables Apricots Whole Grain Wheat	3 Goulash Seasoned Greens Pineapple Chunks Whole Grain Dinner Roll
6 Chicken and Noodles Mashed Potatoes Pickled Beets Pineapple Whole Grain Wheat	7 Taco Salad w/Meat, Lettuce, Beans and Tomatoes Pears Taco Chips Pudding	8 Ham and Beans Copper Carrots Mandarin Oranges Cornbread	9 Sloppy Joe Sweet Potato Puffs Corn Chunky Applesauce Whole Grain Bun	10 Seasoned Chicken Mashed Potatoes California Medley Seasonal Fruit Dessert Whole Grain Wheat
13 Pork Burger Sandwich Baked Beans Collard Greens Mandarin Oranges Whole Grain Bun	14 Meatloaf Creamed Peas and Potatoes Breaded Tomatoes Peaches Whole Grain Wheat	15 Creamed Chicken w/Green Onions & Pimento Tarragon Carrots Corn Pineapple Biscuit	16 Beef Stroganoff over Noodles Broccoli 3 Bean Salad Warm Cinnamon Applesauce Whole Grain Wheat	17 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Pumpkin Pie Dressing
20 Settlers Beef and Beans Brussels Sprouts Seasoned Baby Carrots Applesauce Whole Grain Dinner Roll	21 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Pears Whole Grain Wheat Pudding	22 Chili w/Beans Creamy Cole Slaw Peaches Corn Bread Oyster Crackers	23 CLOSED FOR CHRISTMAS HOLIDAY	24 CLOSED FOR CHRISTMAS HOLIDAY
27 Sausage in Gravy Hash Rounds Orange Juice Sautéed Mushrooms, Onions and Bell Pepper Biscuit	28 Fried Chicken Mashed Potatoes w/Brown Gravy Italian Green Beans Cranberry Salad Whole Grain Wheat	29 Beef Tortellini Peas Carrots Tropical Fruit Salad Bread	30 Country Fried Steak Mashed Potatoes w/White Gravy Nantucket Vegetables Apricots Whole Grain Wheat	31 CLOSED FOR NEW YEAR'S EVE HOLIDAY

**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 January 2022

3 BBQ Pork Sandwich Mini Potato Bakers Corn Creamy Cole Slaw Bun	4 Turkey Pot Roast w/Carrots & Celery Italian Green Beans Pineapple Whole Grain Roll	5 Savory Sausage Stew Broccoli Chunky Applesauce Biscuit Surprise Dessert	6 Meatloaf Mashed Potatoes & Brown Gravy Tomatoes & Zucchini Apricots Whole Grain Roll	7 Tuna Noodle Casserole Buttered Carrots Seasoned Peas Mandarin Oranges Roll
10 Baked Spaghetti Broccoli Corn Tossed Salad w/Dressing Pkt. Bread or Roll	11 Roast Beef with Brown Gravy Mashed Potatoes Seasoned Greens Clementine Whole Grain Roll	12 Mushroom Crusted Chicken Au Gratin Potatoes Capri Vegetables Pineapple Whole Grain Bread	13 Cheeseburger Soup Pickled Beets Broccoli Salad Peaches Roll	14 Salmon Burger w/condiment Baked Beans Brussels Sprouts Apricots Bun
17 Lasagna Broccoli Corn Tossed Salad w/Dressing Packet Cheddar Biscuit	18 Fried Chicken Mashed Potatoes & Gravy Collard Greens Mandarin Oranges Whole Grain Bread	19 Beef Stew with Vegetables Green Beans Jell-O with Mixed Fruit Roll Surprise Dessert	20 Chicken Tetrazzini Honey Glazed Carrots Tossed Salad w/Dressing Packet Hot Fruit Crisp	21 Cheese Salad Hearty Vegetable & Bean Soup Pickled Beets Grapes Bun
24 Chicken Pot Pie Nantucket Vegetables Apricots Whole Grain Biscuit Hot Fruit Compote	25 Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Salsa Pears Taco Chips Sugar Free Pudding	26 Country Fried Chicken with White Gravy Mashed Potatoes Scandinavian Veggies Pineapple Whole Grain Bread	27 Baked Ham Candied Sweet Potatoes Brussels Sprouts Cranberry Salad Roll	28 Pangasius Fish Sandwich w/Condiment Pinto Beans w/Bacon California Blend Tangy Cole Slaw Bun
31 BBQ Pork Sandwich Mini Potato Bakers Corn Creamy Cole Slaw Bun				

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