

Peace Meal Senior Nutrition Program September 2017

				1 Pork Chop in Gravy Mini Potato Bakers Tomatoes and Zucchini Texas Toast Melon Salad w/Grapes
4 CLOSED FOR LABOR DAY HOLIDAY	5 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat Pineapple Cheese Salad	6 Roasted Pork Zucchini Bake Winter Mix Vegetables Whole Grain Wheat Peaches and Bananas	7 Chili Mac w/Beans Spinach/Romaine Salad w/Mandarin Oranges Dressing Packet Pears Dinner Roll Pudding	8 Hamburger w/Mustard or Catsup Packet Hot German Potato Salad Mexi-Corn Bun Fresh Fruit
11 Roast Beef in Gravy Mashed Potatoes Seasoned Green Beans Whole Grain Dinner Roll Pineapple	12 Saucy Ham Loaf Creamed Peas and Onions Corn Whole Grain Wheat (1) Graham Crackers (1) Cantaloupe	13 Meatballs w/Tangy BBQ Sauce Honey Glazed Baby Carrots Kidney Bean Salad Texas Toast Warm Cinnamon Pears	14 Chicken Parmesan Au Gratin Potatoes Midori Blend Veggies Texas Toast Fresh Fruit	15 Sub Sandwich w/Lettuce, Tomato, and Mayo Packet Broccoli Soup Perky Cottage Cheese Crackers and Bun Fruit Salad
18 Captain's Seafood Cake w/Tartar or Cocktail Sauce Macaroni and Cheese Italian Mixed Veggies Orange Juice Dinner Roll Peaches	19 Chicken Enchiladas Brown Rice Vegetable Pilaf Harvard Beets Whole Grain Wheat (1) Apricots	20 Meat Loaf Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Dreamsicle Dessert	21 Taco Salad w/Meat, Beans, Lettuce, Cheese, Tomatoes, Sour Cream and Taco Sauce Mandarin Oranges Taco Chips Cake	22 Turkey or Cheese Salad Vegetable Soup Sunshine Salad Crackers Whole Grain Wheat (1) Watermelon
25 Fish Sandwich w/Tartar Sauce Baked Beans Herbed Peas Bun Pears	26 Fried Chicken Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat (1) Warm Fruit Crisp	27 Stuffed Peppers in Tomato Sauce Buttered Corn Whole Grain Dinner Roll Tropical Fruit	28 Shepherd's Pie Cucumber and Onion Salad Biscuit Graham Crackers (1) Hot Cinnamon Buttered Apples	29 COOK'S CHOICE. REGIONAL FAVORITES WILL BE SERVED.

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.