

Peace Meal Senior Nutrition Program September 2020

	1 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	2 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	3 Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Deamsicle Gelatin	4 Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches
7 CLOSED FOR LABOR DAY HOLIDAY	8 Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Craisins	9 Chili Mac with Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	10 Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	11 Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
14 Pork Burger Sandwich Midori Blend Veggies Harvard Beets Bun Apple Slices	15 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Water Melon	16 Turkey Salad w/Grapes Cucumber/Onion Salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	17 Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	18 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
21 Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnais Carrots Whole Grain Wheat (1) Pears	22 Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	23 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	24 CHEF'S CHOICE REGIONAL FAVORTIES WILL BE SERVED	25 Taco Salad w/Meat, Beans, Cheese Lettuce, Tomatoes, Sour Cream, and Taco Sauce Mandarin Oranges Taco chips Pudding
28 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	29 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	30 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe		

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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			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

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