

Peace Meal Senior Nutrition Program September 2019

2 CLOSED FOR LABOR DAY HOLIDAY	3 Pulled Pork Sandwich Baby Baker Potatoes Vegetable Blend Bun Mandarin Oranges	4 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Overnight Fruit Salad	5 Roast Beef in Gravy Mashed Potatoes Cauliflower/Pea Salad Dinner Roll Warm Fruit Crisp	6 Turkey/Cheese Sandwich w/Mayo Pkt. Lettuce and Tomato Slices Summer Salad Bun Peaches
9 Fish Sandwich Macaroni and Cheese Broccoli Fruit Juice Bun Pears	10 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Watermelon	11 Turkey Salad w/Grapes Cucumber Salad Fruit Cocktail Roll Apple Oatmeal Bar	12 Taco Salad w/Beans, Meat, Cheese, Lettuce, and Tomatoes Sour Cream and Taco Sauce Pineapple Taco Chips Cake	13 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Mixed Melon Salad w/Grapes
16 Spaghetti w/Meat Sauce Herbed Peas Applesauce Bread Stick Brownie Bites	17 Roasted Pork Zucchini Bake Broccoli-Cauliflower Mix Whole Grain Wheat (1) Hawaiian Salad	18 Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Dinner Roll Fresh Fruit	19 Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Whole Grain Wheat (1) Dreamsicle Gelatin	20 Steak Burger Lettuce and Tomato Slices Rotini Vegetable Salad Bun Cantaloupe
23 Chicken Cordon Bleu Mashed Potatoes w/Gravy Italian Green Beans Dinner Roll Pineapple Chunks	24 Breakfast Casserole Rosy Applesauce Fruit Juice Cinnamon Roll Cranberries	25 Ham Salad Creamy Broccoli Soup Gelatin w/Fruit Assorted Crackers Peaches	26 Sloppy Joe Midori Blend Veggies Corn Bun Apple Slices	27 Pork Tenderloin Potato Casserole Mixed Vegetables Texas Toast Pears
30 CHEF'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.

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	1 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	2 Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	3 Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Fruit Bun Warm Deep Dish Cobbler	4 Liver and Onions Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat (1) Mandarin Oranges
7 Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	8 Beef Stew w/Vegetables Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	9 Shepherd's Pie Harvard Beets Fresh Fruit Biscuit Graham Crackers	10 Ham and Beans Copper Carrots Cornbread Pineapple Pistachio Dessert	11 Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie
14 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	15 Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	16 Ham Casserole Corn Herbed Peas Whole Grain Wheat(1) Tropical Fruit	17 Vegetable Beef Soup Celery Sticks Cottage Cheese Salad Peanut Butter Cup Crackers Apricots	18 Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Sour Cream and Taco Sauce Pears Taco Chips Pudding
21 Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	22 Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	23 Cabbage Rolls in Sauce Corn Lyonnaise Carrots Whole Grain Wheat (1) Seasonal Dessert	24 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Chunky Applesauce	25 Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
28 Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	29 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	30 Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	31 Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Fruit Bun Warm Deep Dish Cobbler	

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