

## Peace Meal Senior Nutrition Program November 2020

2 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuit Warm Cinnamon Buttered Apples	3 Cheese Tortellini Alfredo Peas Kidney Bean Salad Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler	4 Saucy Cabbage Rolls Corn Broccoli Whole Grain Wheat(1) Mandarin Oranges	5 Fried Chicken Mashed Potatoes w/Gravy Italian Green Beans Texas Toast Cranapple Salad	6 Goulash with Beans Seasoned Greens Graham Crackers Dinner Roll Fresh Fruit
9 Sloppy Joe Rosemary Roasted Potatoes Brussels Sprouts Bun Fruit Juice	10 Taco Salad w/Meat, Lettuce, Cheese, Beans and Tomatoes Sour Cream & Taco Sauce Pears Taco Chips Pudding	11 Chicken and Noodles Mashed Potatoes Harvard Beets Whole Grain Wheat Peaches	12 Ham and Beans Copper Carrots Cornbread Chunky Applesauce	13 Salisbury Beef Pattie Mashed Potatoes Venetian Blend Vegetables Whole Grain Wheat (1) Seasonal Dessert
16 Pork Burger Sandwich Baked Beans Spinach Bun Cranberry Oatmeal Cookie	17 Meatloaf Creamed Peas and Potatoes Tomatoes and Zucchini Whole Grain Wheat (1) Peaches	18 Creamed Chicken with Green Onions & Pimento Warm Black-Eyed Pea Salad Biscuit Sliced Pineapple	19 Beef Stroganoff over Noodles Corn Creamy Coleslaw Whole Grain Wheat Warm Fruit Compote	20 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Pumpkin Pie
23 Pork Chop in Gravy Mashed Potatoes Seasoned Baby Carrots Dinner Roll Whole Grain Fruit Bar	24 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Whole Grain Wheat (1) Blushing Pears	25 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR THANKSGIVING HOLIDAY
30 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuit Warm Cinnamon Buttered Apples				

**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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21 Pork Chop in Gravy Mashed Potatoes Seasoned Baby Carrots Dinner Roll Whole Grain Fruit Bar	22 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Whole Grain Wheat (1) Blushing Pears	23 COOK'S CHOICE. REGIONAL FAVORITES WILL BE SERVED	24 CLOSED FOR CHRISTMAS HOLIDAY	25 CLOSED FOR CHRISTMAS HOLIDAY
28 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuit Warm Cinnamon Buttered Apples	29 Cheese Tortellini Alfredo Peas Kidney Bean Salad Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler	30 Saucy Cabbage Rolls Corn Broccoli Whole Grain Wheat (1) Mandarin Oranges	31 Fried Chicken Mashed Potatoes w/ Gravy Italian Green Beans Texas Toast Cranapple Salad	

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