Peace Meal Senior Nutrition Program October 2021

4 Sausage in Gravy Hash Rounds Orange Juice Sautéed Mushrooms, Onions & Bell Pepper Biscuit	5 Fried Chicken Mashed Potatoes w/Brown Gravy Italian Green Beans Cranberry Salad Whole Grain Wheat	6 Beef Tortellini Peas Carrots Tropical fruit Salad Bread	7 Country Fried Steak Mashed Potatoes w/White Gravy Nantucket Vegetables Apricots Whole Grain Wheat	1 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED 8 Goulash Seasoned Greens Pineapple Chunks Whole Grain Dinner Roll
Chicken and Noodles Mashed Potatoes Warm Pickled Beets Pineapple Whole Grain Wheat	Taco Salad w/Meat, Lettuce, Beans, Tomatoes, and Salsa Pears Taco Chips Pudding	Ham and Beans Copper Carrots Mandarin Oranges Cornbread	Sloppy Joe Sweet Potato Puffs Corn Chunky Applesauce Whole Grain Bun	15 Seasoned Chicken Mashed Potatoes California Medley Seasonal Fruit Dessert Whole Grain Wheat
Pork Burger Sandwich Baked Beans Collard Greens Mandarin Oranges Whole Grain Bun 25 Settlers Beef and Beans Brussels Sprouts Seasoned Baby	Meatloaf Creamed Peas and Potatoes Breaded Tomatoes Peaches Whole Grain Wheat 26 Baked Ham Candied Sweet Potatoes Buttered Midori	Creamed Chicken w/Green Onions & Pimentos Tarragon Carrots Corn Pineapple Biscuit 27 Chili w/Beans Creamy Cole Slaw Peaches Corn Bread	Beef Stroganoff over Noodles Broccoli 3 Bean Salad Warm Cinnamon Applesauce Whole Grain Wheat 28 Vegetable Lasagna Corn Broccoli Romaine Salad	Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Pumpkin Pie Dressing 29 Liver and Onions Potatoes Au Gratin Mixed Vegetables Apricots
Carrots Applesauce Whole Grain Dinner Roll	Vegetables Pears Whole Grain Wheat Pudding	Oyster Crackers	w/Dressing Croutons	Whole Grain Wheat

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 November 2021

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Sausage in Gravy	Fried Chicken	Beef Tortellini	Country Fried Steak	Goulash
Hash Rounds	Mashed Potatoes	Peas	Mashed Potatoes	Seasoned Greens
Orange Juice	w/Brown Gravy	Carrots	w/White Gravy	Pineapple Chunks
Sautéed Mushrooms,	Italian Green Beans	Tropical Fruit Salad	Nantucket Vegetables	Dinner Roll
Onions & Bell	Cranberry Salad	Bread	Apricots	
Pepper	Whole Grain Wheat		Whole Grain Wheat	
Biscuit	THE STAIN THE		VY HOTO STORM VY HOUS	
8	9	10	11	12
Chicken and Noodles	Taco Salad w/Meat,	Ham and Beans	Sloppy Joe	Seasoned Chicken
Mashed Potatoes	Lettuce, Beans and	Copper Carrots	Sweet Potato Puffs	Mashed Potatoes
Pickled Beets	Tomatoes	Mandarin Oranges	Corn	California Medley
	Pears	Cornbread	Chunky Applesauce	Seasonal Fruit
Pineapple Whole Grain Wheat		Combleau	Whole Grain Bun	Dessert
whole Grain wheat	Taco Chips		whole Grain Bun	
	Pudding			Whole Grain Wheat
15	16	17	18	19
Pork Burger	Meatloaf	Creamed Chicken	Beef Stroganoff over	Roasted Turkey
Sandwich	Creamed Peas and	w/Onions &	Noodles	Mashed Potatoes
Baked Beans	Potatoes	Pimentos	Broccoli	w/Gravy
Collard Greens	Breaded Tomatoes	Tarragon Carrots	3-Bean Salad	Seasoned Green
Mandarin Oranges	Peaches	Corn	Warm Cinnamon	Beans
Whole Grain Bun	Whole Grain Wheat	Pineapple	Applesauce	Pumpkin Pie
Whole Glain Ban	Whole Glam Wheat	Biscuit	Whole Grain Wheat	Dressing
22	23	24	25	26
Settlers Beef and	Baked Ham	Chili w/Beans	CLOSED FOR	CLOSED FOR
Beans	Candied Sweet	Creamy Cole Slaw	THANKSGIVING	THANKSGIVING
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29	30			
Sausage Gravy	Fried Chicken			
Hash Rounds	Mashed Potatoes			
	Italian Green Beans			
1				
Sausage Gravy	Fried Chicken Mashed Potatoes w/Brown Gravy	Peaches Corn Bread Oyster Crackers	HOLIDAY	HOLIDAY

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