

## Peace Meal Senior Nutrition Program October 2021

				1 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
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	8 Goulash Seasoned Greens Pineapple Chunks Whole Grain Dinner Roll
11 Chicken and Noodles Mashed Potatoes Warm Pickled Beets Pineapple Whole Grain Wheat	12 Taco Salad w/Meat, Lettuce, Beans, Tomatoes, and Salsa Pears Taco Chips Pudding	13 Ham and Beans Copper Carrots Mandarin Oranges Cornbread	14 Sloppy Joe Sweet Potato Puffs Corn Chunky Applesauce Whole Grain Bun	15 Seasoned Chicken Mashed Potatoes California Medley Seasonal Fruit Dessert Whole Grain Wheat
18 Pork Burger Sandwich Baked Beans Collard Greens Mandarin Oranges Whole Grain Bun	19 Meatloaf Creamed Peas and Potatoes Breaded Tomatoes Peaches Whole Grain Wheat	20 Creamed Chicken w/Green Onions & Pimentos Tarragon Carrots Corn Pineapple Biscuit	21 Beef Stroganoff over Noodles Broccoli 3 Bean Salad Warm Cinnamon Applesauce Whole Grain Wheat	22 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Pumpkin Pie Dressing
25 Settlers Beef and Beans Brussels Sprouts Seasoned Baby Carrots Applesauce Whole Grain Dinner Roll	26 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Pears Whole Grain Wheat Pudding	27 Chili w/Beans Creamy Cole Slaw Peaches Corn Bread Oyster Crackers	28 Vegetable Lasagna Corn Broccoli Romaine Salad w/Dressing Croutons	29 Liver and Onions Potatoes Au Gratin Mixed Vegetables Apricots 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.

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

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