

Peace Meal Senior Nutrition Program October 2017

2 Sausage in Gravy Hard Cooked Egg Fruit Juice Mini Potato Bakers Biscuit Warm Cinnamon Buttered Apples	3 Cheese Tortellini Alfredo Kidney Bean Salad Peas Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler	4 Cabbage Rolls in Sauce Corn Broccoli Raisin Bran Muffin Mandarin Oranges	5 Fried Chicken Mashed Potatoes w/Gravy Italian Green Beans Texas Toast Cranapple Salad	6 Goulash w/Beans Seasoned Greens Dinner Roll Fresh Fruit
9 Gold N Spicy Chicken Breast Fillet Potato Casserole Seasoned Green Beans Dinner Roll Peaches	10 Taco Salad w/ Meat, Cheese and Beans, Lettuce, Tomato, Sour Cream and Taco Sauce Pineapple Tidbits Taco Chips Pudding	11 Beef and Noodles Mashed Potatoes Harvard Beets Whole Grain Wheat (1) Cranberry Oatmeal Cookie	12 Ham and Beans Copper Carrots Cornbread Applesauce	13 Pork Chop in Gravy Mashed Potatoes Broccoli and Cauliflower Dinner Roll Cake with Fruit
16 Sloppy Joe Sandwich German Potato Salad Brussels Sprouts Mixed Fruit Bun Orange Bread	17 Meatloaf Creamed Peas and Potatoes Tomatoes and Zucchini Dinner Roll Hawaiian Salad	18 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Whole Grain Wheat (1) Warm Fruit Crisp	19 Saucy Riblet Macaroni and Cheese Warm Black-Eyed Pea Salad Blueberry Muffin Apricots	20 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit
23 Roast Turkey Mashed Potatoes and Gravy Seasoned Green Beans Dressing Peaches	24 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Dinner Roll Pie	25 Chili with Beans Mixed Lettuce Salad w/Dressing Packet Crackers Waldorf Salad	26 Liver and Onions Baked Potato w/Butter and Sour Cream Baby Carrots Texas Toast Blushing Pears	27 Beef Stroganoff w/Noodles Corn Cole Slaw Dinner Roll Warm Fruit Compote
30 Sausage in Gravy Hard Cooked Egg Fruit Juice Mini Potato Bakers Biscuit Warm Cinnamon Buttered Apples	31 Cheese Tortellini Alfredo Kidney Bean Salad Peas Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler			

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.