## Peace Meal Senior Nutrition Program November 2022

	1	2	3	4
	Swedish Meatballs	Taco Salad w/Meat,	Chicken and Noodles	Marinated Pork Loin
	Succotash	,	Mashed Potatoes	Corn Casserole
		Lettuce, Beans,		
	Stewed Tomatoes Clementine	Tomatoes and Salsa	Cinnamon Glazed	Hot Greens
	Civilioni	Sliced Pears	Carrots	Company Fruit Salad
	Bread	Taco Chips	Pea Salad	Whole Grain Bread
		Dessert		
7	8	9	10	11
Taco Soup	Honey Glazed Chicken	Meatloaf	Ham Casserole w/Pasta	Settlers Beef and Beans
Sliced Beets	Rosemary Potatoes	Mashed Potatoes	Peas	Brussels Sprouts
Peaches	Midori Veggies	w/Gravy	Carrots	Seasoned Cauliflower
Cheese Salad w/Whole	Cherry Fluff	Breaded Tomatoes	Pineapple	Fruit Dessert
Grain Bread	Roll	Romaine Salad		Roll
		w/Dressing Packet		
		Whole Grain Bread		
14	15	16	17	18
Breakfast Casserole	Turkey Burger	Fried Chicken	Unstuffed Cabbage	Turkey Pot Roast
Sautéed Mushrooms,	Black Eyed Peas	Baked Beans	Rolls	w/Carrots and Celery
Onions & Bell Peppers	Green Beans	Corn	California Blend	Buttered Peas
Juice	Carrot Raisin Salad	Creamy Coleslaw	Whole Grain Fruit	Creamy Cranberry
Bread	Whole Grain Bun	Whole Grain Bread	Crisp	Salad
			Roll	Stuffing
				Pumpkin Crunch Cake
21	22	23	24	25
Sloppy Joes	Chicken Pot Pie	Ham and Beans	CLOSED FOR	CLOSED FOR
Sweet Potato Cubes	Tomato and Zucchini	Copper Carrots	THANKSGIVING	THANKSGIVING
Green Beans	Warm Fruit Compote	Fruit Cocktail	HOLIDAY	HOLIDAY
Chunky Applesauce	Biscuit	Cornbread	IIOZIZITI	I I C L L L L L L L L L L L L L L L L L
Whole Grain Bun	Biscuit	Dessert		
28	29	30		
Pulled Pork	Swedish Meatballs	Taco Salad w/Meat,		
Red Skinned Potatoes	Succotash	Lettuce, Beans,		
Seasoned Green Beans	Stewed Tomatoes	Tomatoes & Salsa		
Hawaiian Salad	Clementine	Sliced Pears		
Whole Grain Bun	Bread			
whole Grain Bun	Dieau	Taco Chips Dessert		
		Dessert		

## **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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5 Taco Soup Sliced Beets Peaches Cheese Salad w/Whole Grain Bread	6 Honey Glazed Chicken Rosemary Potatoes Midori Veggies Cherry Fluff Roll	7 Meatloaf Mashed Potatoes w/Gravy Breaded Tomatoes Romaine Salad w/Dressing Packet Whole Grain Bread	Chicken and Noodles Mashed Potatoes Cinnamon Glazed Carrots Pea Salad  Ham casserole w/Pasta Peas Carrots Pineapple	2 Marinated Pork Loin Corn Casserole Hot Greens Company Fruit Salad Whole Grain Bread 9 Settlers beef & Beans Brussels Sprouts Seasoned Cauliflower Fruit Dessert Roll
Breakfast Casserole Sautéed Mushrooms, Onions & Bell Peppers Juice Bread	Turkey Burger Black Eyed Peas Green Beans Carrot Raisin Salad Whole Grain Bun	14 Fried Chicken Baked Beans Corn Creamy Coleslaw Whole Grain Bread	15 Unstuffed Cabbage Rolls California Blend Whole Grain Fruit Crisp Roll	Turkey Pot Roast w/Carrots & Celery Buttered Peas Creamy Cranberry Salad Stuffing Pumpkin Crunch Cake
Sloppy Joes Sweet Potato Cubes Green Beans Chunky Applesauce Whole Grain Bun	Chick Pot Pie Tomato & Zucchini Warm Fruit Compote Biscuit	21 Ham and Beans Copper Carrots Fruit Cocktail Cornbread Dessert	Pizza Mac Peas Corn Romaine Salad w/Dressing Packet	23 CLOSED FOR CHRISTMAS HOLIDAY
26 CLOSED FOR CHRISTMAS HOLIDAY	27 Swedish Meatballs Succotash Stewed Tomatoes Clementine Bread	Taco Salad w/Lettuce, Beans, Tomatoes and Salsa Sliced Pears Taco Chips Dessert	29 Chicken and Noodles Mashed Potatoes Cinnamon Glazed Carrots Pea Salad	30 Marinated Pork Loin Corn Casserole Hot Greens Company Fruit Salad Whole Grain Bread

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