

## Peace Meal Senior Nutrition Program November 2022

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

## Peace Meal Senior Nutrition Program December 2022

			1 Chicken and Noodles Mashed Potatoes Cinnamon Glazed Carrots Pea Salad	2 Marinated Pork Loin Corn Casserole Hot Greens Company Fruit Salad Whole Grain Bread
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	8 Ham casserole w/Pasta Peas Carrots Pineapple	9 Settlers beef & Beans Brussels Sprouts Seasoned Cauliflower Fruit Dessert Roll
12 Breakfast Casserole Sautéed Mushrooms, Onions & Bell Peppers Juice Bread	13 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	16 Turkey Pot Roast w/Carrots & Celery Buttered Peas Creamy Cranberry Salad Stuffing Pumpkin Crunch Cake
19 Sloppy Joes Sweet Potato Cubes Green Beans Chunky Applesauce Whole Grain Bun	20 Chick Pot Pie Tomato & Zucchini Warm Fruit Compote Biscuit	21 Ham and Beans Copper Carrots Fruit Cocktail Cornbread Dessert	22 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	28 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

### 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.