# Peace Meal Senior Nutrition Program
## October 2019

| 1 | Chili with Beans  
Mixed Lettuce Salad w/Dressing Pkt.  
Waldorf Salad  
Crackers |
| 2 | Beef Stroganoff over Noodles  
Peas  
Tangy Cole Slaw  
Whole Grain Wheat (1)  
Warm Fruit Compote |
| 3 | Chicken Sandwich w/Mayo Pkt.  
Midori Blend Veggies  
Fresh Fruit  
Bun  
Warm Deep Dish Cobbler |
| 4 | Liver and Onions  
Mashed Potatoes w/Gravy  
Italian Green Beans  
Whole Grain Wheat (1)  
Mandarin Oranges |
| 7 | Beef Sandwich  
Rosemary Roasted Potatoes  
Broccoli  
Bun  
Strawberry Oatmeal Bar |
| 8 | Beef Stew  
w/Vegetables  
Creamy Cole Slaw  
Dinner Roll  
Warm Fruit Crisp |
| 9 | Shepherd’s Pie  
Harvard Beets  
Fresh Fruit  
Biscuit  
Graham Crackers |
| 10 | Ham and Beans  
Copper Carrots  
Cornbread  
Pineapple Pistachio  
Dessert |
| 11 | Meatloaf  
Mashed Potatoes  
w/Gravy  
Tomatoes and Zucchini  
Dinner Roll  
Pumpkin Pie |
| 14 | Sausage in Gravy  
Mini Potato Bakers  
Apple Juice  
Biscuits  
Warm Cinnamon  
Buttered Apples |
| 15 | Fried Chicken  
Mashed Potatoes w/Gravy  
Green Bean Casserole  
Texas Toast  
Peach Slices |
| 16 | Ham Casserole  
Corn  
Herbed Peas  
Whole Grain Wheat (1)  
Tropical Fruit |
| 17 | Vegetable Beef Soup  
Celery Sticks  
Gravy  
Cottage Cheese Salad  
Peanut Butter Cup  
Crackers  
Apricots |
| 18 | Taco Salad w/Meat,  
Lettuce, Beans,  
Tomatoes, Sour Cream and Taco Sauce  
Pears  
Taco Chips  
Pudding |
| 21 | Chicken and Dumplings  
Mashed Potatoes  
Seasoned Black-Eyed Peas  
Whole Grain Wheat (1)  
Grapes |
| 22 | Saucy Ham Loaf  
Creamed Peas and Potatoes  
Italian Mixed Veggies  
Dinner Roll  
Pineapple Slices |
| 23 | Cabbage Rolls in Sauce  
Corn  
Lyonnaise Carrots  
Whole Grain Wheat (1)  
Seasonal Dessert |
| 24 | Roasted Turkey  
Mashed Potatoes w/Gravy  
Seasoned Green Beans  
Dressing  
Chunky Applesauce |
| 25 | Settlers Beef and Beans  
Seasoned Greens  
Fresh Fruit  
Biscuit  
Orange Bread |
| 28 | Country Fried Steak  
Mashed Potatoes w/Gravy  
Brussels Sprouts  
Fruit Juice  
Dinner Roll |
| 29 | Chili with Beans  
Mixed Lettuce Salad w/Dressing Pkt.  
Waldorf Salad  
Crackers |
| 30 | Beef Stroganoff over Noodles  
Peas  
Tangy Cole Slaw  
Whole Grain Wheat (1)  
Warm Fruit Compote |
| 31 | Chicken Sandwich w/Mayo Pkt.  
Midori Blend Veggies  
Fresh Fruit  
Bun  
Warm Deep Dish 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.
# Peace Meal Senior Nutrition Program
## November 2019

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