

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 Fruit 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 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 Lyonnais 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.

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