Peace Meal Senior Nutrition Program November 2019

4 Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	5 Beef Stew w/Vegetables Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	6 Shepherd's Pie Harvard Beets Fresh Fruit Biscuit Graham Crackers	7 Ham and Beans Copper Carrots Cornbread Pineapple Pistachio Dessert	Liver and Onions Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat (1) Mandarin Oranges 8 Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie
Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	Ham Casserole Corn Herbed Peas Whole Grain Wheat (1) Tropical Fruit	14 Vegetable Beef Soup Celery Sticks Cottage Cheese Salad Peanut Butter Cup Crackers Apricots	Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Sour Cream and Taco Sauce Pears Taco Chips Pudding
18 Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	Cabbage Rolls in Sauce Corn Lyonnaise Carrots Whole Grain Wheat (1) Seasonal Dessert	21 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Chunky Applesauce	Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
25 Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	26 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	27 Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	28 CLOSED FOR THANKSGIVING HOLIDAY	29 CLOSED FOR THANKSGIVING HOLIDAY

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 2019

2	3	4	5	6
Beef Sandwich	Beef Stew	Shepherd's Pie	Ham and Beans	Meatloaf
Rosemary Roasted	w/Vegetables	Harvard Beets	Copper Carrots	Mashed Potatoes
Potatoes	Creamy Cole Slaw	Fresh Fruit	Cornbread	w/Gravy
Broccoli	Dinner Roll	Biscuit	Pineapple Pistachio	Tomatoes and Zucchini
Bun	Warm Fruit Crisp	Graham Crackers	Dessert	Dinner Roll
Strawberry Oatmeal	waim Fluit Clisp	Granam Crackers	Dessett	Pumpkin Pie
				Pumpkin Pie
Bar 9	10	11	12	13
		11	12 W + 11 D - 66	
Sausage in Gravy	Fried Chicken	Ham Casserole	Vegetable Beef Soup	Taco Salad w/Meat,
Mini Potato Bakers	Mashed Potatoes	Corn	Celery Sticks	Lettuce, Beans,
Fruit Juice	w/Gravy	Herbed Peas	Cottage Cheese Salad	Tomatoes, Sour Cream
Biscuits	Green Bean Casserole	Whole Grain Wheat (1)	Peanut Butter Cup	and Taco Sauce
Warm Cinnamon	Texas Toast	Tropical Fruit	Crackers	Pears
Buttered Apples	Peach Slices		Apricots	Taco Chips
				Pudding
16	17	18	19	20
Chicken and	Saucy Ham Loaf	Cabbage Rolls in Sauce	Baked Ham	Settlers Beef and Beans
Dumplings	Creamed Peas and	Corn	Frosted Sweet Potatoes	Seasoned Greens
Mashed Potatoes	Potatoes	Lyonnaise Carrots	Seasoned Green Beans	Fresh Fruit
Seasoned Black-Eyed	Italian Mixed Veggies	Whole Grain Wheat (1)	Dinner Roll	Biscuit
Peas	Dinner Roll	Seasonal Dessert	Chunky Applesauce	Orange Bread
Whole Grain Wheat (1)	Pineapple Slices			
Grapes				
23	24	25	26	27
Country Fried Steak	CLOSED FOR	CLOSED FOR	Chicken Sandwich	CHEF'S CHOICE
Mashed Potatoes	CHRISTMAS	CHRISTMAS	w/Mayo Pkt.	REGIONAL
w/Gravy	HOLIDAY	HOLIDAY	Midori Blend Veggies	FAVORITES
Brussels Sprouts			Fresh Frit	WILL BE SERVED
Fruit Juice			Bun	
Dinner Roll			Warm Deep Dish	
			Cobbler	
30	31			
Beef Sandwich	CLOSED FOR			
Rosemary Roasted	NEW YEAR'S DAY			
Potatoes	HOLIDAY			
Broccoli	IIO EIDITI			
Bun				
Strawberry Oatmeal				
Bar				
Dal				

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