

## Peace Meal Senior Nutrition Program November 2019

				1 Liver and Onions Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat (1) Mandarin Oranges
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	8 Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie
11 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	12 Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	13 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	15 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	19 Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	20 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	22 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.

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16 Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	17 Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	18 Cabbage Rolls in Sauce Corn Lyonnaise Carrots Whole Grain Wheat (1) Seasonal Dessert	19 Baked Ham Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Chunky Applesauce	20 Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
23 Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	24 CLOSED FOR CHRISTMAS HOLIDAY	25 CLOSED FOR CHRISTMAS HOLIDAY	26 Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Frit Bun Warm Deep Dish Cobbler	27 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED
30 Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	31 CLOSED FOR NEW YEAR'S DAY HOLIDAY			

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