

# Peace Meal Senior Nutrition Program

## November 2023

		<b>1</b> Chicken and Noodles Mashed Potatoes Northwestern Vegetable Blend Five Cup Salad Extra Treat	<b>2</b> Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Bread or Roll	<b>3</b> Beef Stew w/ Stew Vegetables Harvest Blend Veggies Dreamsicle Salad Biscuit
<b>6</b> Biscuits and Gravy Paco Blend Vegetables Hot Fruit Fruit Juice	<b>7</b> Chicken Parmesan w/Marinara Seasoned Green Beans California Blend Veggies Extra Treat	<b>8</b> Meatloaf Mashed Potatoes w/Brown Gravy Carrots Creamy Coleslaw Bread or Roll	<b>9</b> Settlers Beef and Beans Roasted Corn Fruit Cornbread Extra Treat	<b>10</b> Chicken Broccoli and Rice Casserole Herbed Peas Hot Beets and Pineapple Orange Bread
<b>13</b> Pulled Pork Baked Beans Corn Fruit Bun	<b>14</b> Chicken Pot Pie Broccoli Rosy Applesauce Biscuit Homemade Dessert	<b>15</b> Marinated Pork Loin Scandinavian Blend Vegetables Spiced Apples Broccoli Salad Bread or Roll	<b>16</b> Lasagna Green Beans Romaine Salad Berry Crisp	<b>17</b> Ham Frosted Sweet Potatoes Peas and Pearl Onions Pistachio Salad Roll
<b>20</b> Cheeseburger Soup Pasta Salad Tropical Fruit Mix Roll Pudding Cup	<b>21</b> Turkey w/Gravy Dressing Green Beans Casserole Scalloped Apples and Cranberries Fruit Dessert	<b>22</b> Goulash Broccoli Bettered Hominy Romaine Salad	<b>23</b> CLOSED FOR THANKSGIVING HOLIDAY	<b>24</b> CLOSED FOR THANKSGIVING HOLIDAY
<b>27</b> Ham and Beans Copper Carrots Sliced Pears Cornbread	<b>28</b> BBQ Riblet Parmesan Roasted Potatoes Succotash Tangy Coleslaw Sub Roll	<b>29</b> Chicken and Noodles Mashed Potatoes Northwestern Vegetable Blend Five Cup Salad Extra Treat	<b>30</b> Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Bread or Roll	

**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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				<b>1</b> Beef Stew w/Stew Vegetables Harvest Blend Veggies Dreamsicle Salad Biscuit
<b>4</b> Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice	<b>5</b> Chicken Parmesan w/Marinara Seasoned Green Beans California Blend Veggies Extra Treat	<b>6</b> Meatloaf Mashed Potatoes w/Brown Gravy Carrots Creamy Coleslaw Bread or Roll	<b>7</b> Settlers Beef and Beans Roasted Corn Fruit Cornbread Extra Treat	<b>8</b> Chicken Broccoli Rice Casserole Herbed Peas Hot Beets and Pineapple Orange Bread
<b>11</b> Pulled Pork Baked Beans Corn Fruit Bun	<b>12</b> Chicken Pot Pie Broccoli Rosy Applesauce Biscuit Homemade Dessert	<b>13</b> Marinated Pork Loin Scandinavian Blend Veggies Spiced Apples Broccoli Salad Bread or Roll	<b>14</b> Lasagna Green Beans Romaine Salad Berry Crisp	<b>15</b> Ham Frosted Sweet Potatoes Peas and Pearl Onions Pistachio Salad Roll
<b>18</b> Cheeseburger Soup Pasta Salad Tropical Fruit Mix Roll Pudding Cup	<b>19</b> Turkey w/Gravy Dressing Green Bean Casserole Scalloped Apples and Cranberries Fruit Dessert	<b>20</b> Goulash Broccoli Buttered Hominy Romaine Salad	<b>21</b> Fried Chicken Twice Baked Mashed Potatoes Seasoned Hot Greens Mandarin Oranges Bread or Roll	<b>22</b> Liver and Onions Au Gratin Potatoes Peas Fruit Bread or Roll
<b>25</b>  CLOSED FOR CHRISTMAS HOLIDAY	<b>26</b>  CLOSED FOR CHRISTMAS HOLIDAY	<b>27</b> Chicken and Noodles Mashed Potatoes Northwestern Vegetable blend Five Cup Salad Extra treat	<b>28</b> Country Fried Steak Baby Bakers Stewed Tomatoes Fruit Bread or Roll	<b>29</b> Beef Stew w/Stew Vegetables Harvest Blend Veggies Dreamsicle Salad Biscuit

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