

## Peace Meal Senior Nutrition Program September 2018

3 CLOSED FOR LABOR DAY HOLIDAY	4 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	5 Baked Spaghetti Tossed Salad w/Dressing Packet Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	6 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	7 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
10 Pulled Pork Creamed Peas and Potatoes Mexi Corn Bun Mandarin Oranges	11 Salisbury Beef Pattie Mashed Potatoes Lyonnais Carrots W/Wheat Dinner Roll Fruit Juice	12 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw W/Wheat Dinner roll Fresh Fruit	13 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	14 Hamburger Potato Salad Baked Beans Bun Warm Peach-Pineapple Crumble
17 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	18 Salmon Boat Macaroni and cheese w/Peas Midori Blend Veggies Whole Grain Wheat Pineapple	19 Taco Salad w/Meat, Cheese and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	20 Turkey Salad w/Grapes on Lettuce Leaf Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	21 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
24 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	25 Settlers Beef and Beans Carrots Biscuits Melon Chunks	26 Brat Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	27 Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	28 COOK'S CHOICE REGIONAL FAVORITES WILL BE SERVED

### 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.