

## Peace Meal Senior Nutrition Program October 2024

<b>9/30</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Blend</b> <b>Vegetables</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b> <b>Muffin or Biscuit</b>	<b>10/1</b> <b>Chicken Pot Pie</b> <b>Mashed Potatoes</b> <b>Hot Beets</b> <b>5 Cup Salad</b> <b>Biscuit</b>	<b>2</b> <b>Cheese Salad</b> <b>Chili</b> <b>Coleslaw</b> <b>Tropical Fruit</b> <b>Crackers</b> <b>Bread</b>	<b>3</b> <b>Liver and Onions</b> <b>Cheesy Potatoes</b> <b>Herbed Peas</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>4</b> <b>Meatloaf</b> <b>German Potato</b> <b>Salad</b> <b>Stewed Tomatoes</b> <b>3 Bean Salad</b> <b>Bread or Roll</b>
<b>7</b> <b>Pork Fritter</b> <b>Baked Beans</b> <b>Corn</b> <b>Fruit</b> <b>Whole Grain Bun</b>	<b>8</b> <b>Fried Chicken</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Seasoned Green</b> <b>Beans</b> <b>Cranberry Salad</b> <b>Bread or Roll</b>	<b>9</b> <b>Beef Stew</b> <b>Fruit Compote</b> <b>Normandy</b> <b>Vegetables</b> <b>Tomato Salad</b> <b>Bread or Roll</b>	<b>10</b> <b>Taco Salad with</b> <b>Lettuce, Spinach,</b> <b>Beans, Tomatoes,</b> <b>and Salsa</b> <b>Fruit</b> <b>Chips</b> <b>Kitchen Choice</b>	<b>11</b> <b>Beef Stroganoff</b> <b>Carrots</b> <b>Seasoned Greens</b> <b>Dreamsicle Salad</b>
<b>14</b> <b>Biscuits and</b> <b>Gravy</b> <b>Harvest Blend</b> <b>Hot Fruit</b> <b>Fruit Juice</b> <b>Biscuit</b>	<b>15</b> <b>Cabbage Rolls</b> <b>Vegetable Blend</b> <b>Creamed Peas</b> <b>Cinnamon</b> <b>Applesauce</b> <b>Bread or Roll</b>	<b>16</b> <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>With Gravy</b> <b>Baby Carrots</b> <b>2 Berry Fluff</b> <b>Bread or Roll</b>	<b>17</b> <b>Ham and Beans</b> <b>Broccoli Salad</b> <b>Mandarin</b> <b>Oranges</b> <b>Cornbread</b> <b>Dessert</b>	<b>18</b> <b>Tuna Casserole</b> <b>Hot Fruit Crisp</b> <b>Peas</b> <b>Pickled Beets</b>
<b>21</b> <b>Salsa Chicken</b> <b>Tater Tots</b> <b>Corn and Black</b> <b>Beans</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>22</b> <b>Chicken</b> <b>Tetrazzini</b> <b>Mixed Vegetables</b> <b>Hot Fruit</b> <b>Pea Salad</b>	<b>23</b> <b>Settlers Beef</b> <b>And Beans</b> <b>Corn Bake</b> <b>Seasoned Green</b> <b>Beans</b> <b>Sliced Peaches</b> <b>Biscuit</b>	<b>24</b> <b>Meatball Sub</b> <b>Sandwich</b> <b>Redskin Potatoes</b> <b>Succotash</b> <b>Gelatin with Fruit</b> <b>Mini Sub Roll</b>	<b>25</b> <b>Ham</b> <b>Sweet Potato</b> <b>Casserole</b> <b>Peas with Pearl</b> <b>Onions</b> <b>Pumpkin Dessert</b> <b>Roll</b>
<b>28</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Blend</b> <b>Vegetables</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b> <b>Muffin or Biscuit</b>	<b>29</b> <b>Chicken Pot Pie</b> <b>Mashed Potatoes</b> <b>Hot Beets</b> <b>5 Cup Salad</b> <b>Biscuit</b>	<b>30</b> <b>Cheese Salad</b> <b>Chili</b> <b>Coleslaw</b> <b>Tropical Fruit</b> <b>Crackers</b> <b>Bread</b>	<b>31</b> <b>Liver and Onions</b> <b>Cheesy Potatoes</b> <b>Herbed Peas</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>11/1</b> <b>Meatloaf</b> <b>German Potato</b> <b>Salad</b> <b>Stewed Tomatoes</b> <b>3 Bean Salad</b> <b>Bread or Roll</b>

### 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 \$4.00 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 November 2024

<b>4</b> <b>Pork Fritter</b> <b>Baked Beans</b> <b>Corn</b> <b>Fruit</b> <b>Bun</b>	<b>5</b> <b>Fried Chicken</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Seasoned Green</b> <b>Beans</b> <b>Cranberry Salad</b> <b>Bread or Roll</b>	<b>6</b> <b>Beef Stew</b> <b>Fruit Compote</b> <b>Normandy</b> <b>Vegetables</b> <b>Tomato Salad</b> <b>Bread or Roll</b>	<b>7</b> <b>Taco Salad with</b> <b>Lettuce, Spinach,</b> <b>Beans, Tomatoes,</b> <b>and Salsa</b> <b>Fruit</b> <b>Chips</b> <b>Kitchen Choice</b>	<b>8</b> <b>Beef Stroganoff</b> <b>Carrots</b> <b>Seasoned Greens</b> <b>Dreamsicle Salad</b>
<b>11</b> <b>Biscuits and</b> <b>Gravy</b> <b>Harvest Blend</b> <b>Hot Fruit</b> <b>Fruit Juice</b> <b>Biscuit</b>	<b>12</b> <b>Cabbage Rolls</b> <b>Vegetable Blend</b> <b>Creamed Peas</b> <b>Cinnamon</b> <b>Applesauce</b> <b>Bread or Roll</b>	<b>13</b> <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>With Gravy</b> <b>Baby Carrots</b> <b>2 Berry Fluff</b> <b>Bread or Roll</b>	<b>14</b> <b>Ham and Beans</b> <b>Broccoli Salad</b> <b>Mandarin</b> <b>Oranges</b> <b>Cornbread</b> <b>Dessert</b>	<b>15</b> <b>Tuna Casserole</b> <b>Hot Fruit Crisp</b> <b>Peas</b> <b>Pickled Beets</b>
<b>18</b> <b>Salsa Chicken</b> <b>Tater Tots</b> <b>Corn and Black</b> <b>Beans</b> <b>Fruit</b> <b>Bread or Roll</b>	<b>19</b> <b>Chicken</b> <b>Tetrazzini</b> <b>Mixed Vegetables</b> <b>Hot Fruit</b> <b>Pea Salad</b>	<b>20</b> <b>Settlers Beef</b> <b>And Beans</b> <b>Corn Bake</b> <b>Seasoned Green</b> <b>Beans</b> <b>Sliced Peaches</b> <b>Biscuit</b>	<b>21</b> <b>Meatball Sub</b> <b>Sandwich</b> <b>Redskin Potatoes</b> <b>Succotash</b> <b>Gelatin with Fruit</b> <b>Mini Sub Roll</b>	<b>22</b> <b>Ham</b> <b>Sweet Potato</b> <b>Casserole</b> <b>Peas with Pearl</b> <b>Onions</b> <b>Pumpkin Dessert</b> <b>Roll</b>
<b>25</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Blend</b> <b>Vegetables</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b> <b>Muffin or Biscuit</b>	<b>26</b> <b>Chicken Pot Pie</b> <b>Mashed Potatoes</b> <b>Hot Beets</b> <b>5 Cup Salad</b> <b>Biscuit</b>	<b>27</b> <b>Cheese Salad</b> <b>Chili</b> <b>Coleslaw</b> <b>Tropical Fruit</b> <b>Crackers</b> <b>Bread</b>	<b>28</b> <b>CLOSED FOR</b> <b>THANKSGIVING</b> <b>HOLIDAY</b>	<b>29</b> <b>CLOSED FOR</b> <b>THANKSGIVING</b> <b>HOLIDAY</b>

**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 \$4.00 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.