

Peace Meal Senior Nutrition Program September 2024

2 CLOSED FOR LABOR DAY	3 Fried Chicken Mashed Potatoes/gravy Brussels Sprouts Pears Roll	4 Taco Salad w/Beans Meat, Cheese Lettuce, Tomatoes Sour Cream, Taco Sauce Pineapple Taco Chips Jello	5 Hamburger Potato Salad Pork and Beans Peaches Bun	6 Chicken Parmesan Zucchini Bake Mixed Vegetables Watermelon Whole Grain Wheat
9 Meatballs w/Tangy BBQ Sauce Honey Glazed Baby Carrots Green Beans Mandarin Oranges Whole Grain Wheat	10 Pork Chop in Gravy Mashed Potatoes Mixed Vegetables Apricots Texas Toast	11 Chicken Enchiladas Vegetable Rice Pilaf Peas Whole grain Wheat Cantaloupe	12 Stuffed Peppers in Tomato Sauce Green Beans Buttered Corn Whole Grain Roll Tropical Fruit	13 Saucy Riblet Sandwich Seasoned Broccoli Carrots Peaches Bun
16 Meat Loaf Mashed Potatoes/Gravy Spinach Whole Grain Roll Strawberry Gelatin Salad	17 Sub Sandwich w/Lettuce, Tomato, and Mayo Packet Kidney Bean Salad Crackers and Bun Fruit Salad	18 Chicken Fritter Vegetable Rice Pilaf Seasoned Green Beans Fresh Fruit	19 Tuna Salad Three Bean Salad Rotini Vegetable Salad Bun Cantaloupe	20 Stuffed Chicken Breast Italian Green Beans Peas Macaroni and Cheese Dinner Roll Pineapple
23 Pork Tenderloin Potato Casserole Mixed Vegetables Peaches Bun	24 Manicotti w/Sauce Salad w/dressing Seasoned Green Beans Roll Warm Fruit Compote	25 Ham w/ Mac and Cheese Carrots Peas Pears Roll	26 Salisbury Beef Pattie w/gravy Mashed Potatoes Beets Cantaloupe Texas Toast	27 Turkey/Cheese Sandwich w/ Mayo Pkt Lettuce and Tomato Slices Summer Salad Bun Pineapple
30 Turkey Salad w/Grapes Cucumber Salad Three Bean Salad Fruit Cocktail Roll				

For Reservations Call 1-309-665-5900

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.