

**Peace Meal Senior Nutrition Program
December 2023**

				1 Manicotti w/Meat Sauce Green Beans Mixed Green Salad w/Dressing Rosy Applesauce Whole-Grain Wheat
4 BBQ Pork Sandwich Butter Baby Baker Potatoes Capri Veggie Blend Cranberries Bun	5 Turkey Pot Roast w/Celery & Carrots Green Beans Pineapple Whole-Grain Wheat	6 Savory Sausage Stew w/Beans Broccoli Chunky Applesauce Whole-Grain Wheat	7 Homestyle Meatloaf Mashed Potatoes w/Brown Gravy Tomatoes & Zucchini Apricots Whole-Grain Wheat	8 Tuna Noodle Casserole Buttered Carrots Steamed Peas Mandarin Oranges Whole-Grain Roll
11 Sweet 'n Sour Chicken Stir-Fry Veggie Blend Seasoned Carrots Pineapple Tidbits Dinner Roll	12 Lasagna Broccoli Corn Peaches Whole-Grain Wheat	13 Fried Chicken Mashed Potatoes & Gravy Collard Greens Chunky Applesauce Whole-Grain Wheat	14 Chicken Tetrizzini Honey Glazed Carrots Seasoned Greens Pears Whole-Grain Wheat	15 Peppered Beef w/Brown Rice Bell Peppers Green & Wax Bean Blend Dinner Roll
18 Baked Ham Sweet Potatoes Italian Veggie Blend Spiced Apple Rings Dinner Roll	19 Hearty Vegetable Bean Soup Cucumber & Onion Salad Tangy Coleslaw Cranberry Apple Salad Whole-Grain Crackers	20 Roasted Turkey w/Gravy Venetian Blend Mashed Potatoes Fruit Juice Whole-Grain Wheat	21 Breakfast Casserole Tri-peppers & Mushroom Medley Warm Peach Compote Pineapple Whole-Grain Breakfast Bar	22 Cheese Ravioli w/Red Sauce Scandinavian Blend Veggies Pickled Beets Seasonal Fruit Dessert Whole-Grain Wheat
25 Closed For Christmas Holiday	26 Closed For Christmas Holiday	27 Taco Salad w/Bean, Lettuce, Cheese, Tomatoes, Sour Cream, & Taco Sauce Tropical Fruit Blend Taco Chips	28 Saucy Riblet AuGratin Potatoes Brussel Sprouts Blushing Pears Bun	29 Manicotti w/Meat Sauce Green Beans Mixed Green Salad w/Dressing Rosy Applesauce Whole-Grain Wheat

**For Reservations or Information Call
New Phone Number: 1-309-665-5900**

Due to global supply chain shortages, we may need to substitute on our planned menus with little or no notice. We still guarantee a nutritious meal. We appreciate your patience and understanding.

Skim milk and desserts with no sugar added are available in many locations.

Ask the Site Coordinator 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.