

Peace Meal Senior Nutrition Program November 2024

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

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 December 2024

2 Pork Fritter Baked Beans Corn Fruit Whole Grain Bun	3 Fried Chicken Twice Baked Mashed Potatoes Seasoned Green Beans Cranberry Salad Bread or Roll	4 Beef Stew Fruit Compote Normandy Vegetables Tomato Salad Bread or Roll	5 Taco Salad with Lettuce, Spinach, Beans, Tomatoes And Salsa Fruit Chips Kitchen Choice	6 Beef Stroganoff Carrots Seasoned Greens Dreamsicle Salad
9 Biscuits and Gravy Harvest Blend Hot Fruit Fruit Juice Biscuit	10 Cabbage Rolls Vegetable Blend Creamed Peas Cinnamon Applesauce Bread or Roll	11 Salisbury Steak Mashed Potatoes With Gravy Baby Carrots 2 Berry Fluff Bread or Roll	12 Ham and Beans Broccoli Salad Mandarin Oranges Cornbread Dessert	13 Tuna Casserole Hot Fruit Crisp Peas Pickles Beets
16 Salsa Chicken Tater Tots Corn and Black Beans Fruit Bread or Roll	17 Chicken Tetrazzini Mixed Vegetables Hot Fruit Pea Salad	18 Settlers Beef And Beans Corn Bake Seasoned Green Beans Sliced Peaches Biscuit	19 Meatball Sub Sandwich Redskin Potatoes Succotash Gelatin with Fruit Mini Sub Roll	20 Han Sweet Potato Casserole Peas with Pearl Onions Pumpkin Dessert Roll
23 Breakfast Casserole Paco Blend Vegetables Hot Spiced Apples Fruit Juice Muffin or Biscuit	24 CLOSED FOR CHRISTMAS HOLIDAY	25 CLOSED FOR CHRISTMAS HOLIDAY	26 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED	27 Meatloaf German Potato Salad Stewed Tomatoes 3 Bean Salad Bread or Roll
30 Pork Fritter Baked Beans Corn Fruit Bun	31 Fried Chicken Twice Baked Mashed Potatoes Seasoned Green Beans Cranberry Salad Bread or Roll	1/1/25 CLOSED FOR NEW YEAR'S HOLIDAY	2 CHEF'S NEW YEAR'S MENU CHOICES	3 CHEF'S NEW YEAR'S MENU CHOICES

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.