

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.

Peace Meal Senior Nutrition Program January 2025

6 Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice	7 Shepherd's Pie with Vegetables and Mashed Potatoes Hot Beets Banana Pudding Dinner Roll	8 Chicken and Noodles Carrots Seasoned Greens Pea Salad	9 Taco Salad with Meat, Lettuce, Spinach, Beans and Tomatoes Fruit Whole Grain Chips Salsa Kitchen's Choice Dessert	10 Southern Breaded Fish Baked Beans Corn Sour Cream Cucumbers Bun
13 Shredded BBQ Chicken Sandwich German Potato Salad Scandinavian Veggies Cinnamon Applesauce Bun	14 Chili Mac Brussels Sprouts Cauliflower Watergate Salad	15 Country Fried Steak Mashed Potatoes with White Gravy Green Beans Broccoli Salad Bread or Roll	16 Stuffed Chicken Breast Delmonico Potatoes Venetian Blend Fruit Bread or Roll	17 Tuna Salad Potato Soup Tangy Coleslaw Tropical Fruit Salad Bun
20 Ham and Beans Copper Carrots Mixed Fruit Cornbread Kitchen's Choice Dessert	21 Pizza Mac Casserole Corn Spiced Apples Kidney Bean Salad	22 Meatloaf Ranch Mashed Potatoes Peas and Pearl Onions Fruit Bread or Roll	23 Mushroom Crusted Chicken Breast Baby Bakers Stewed Tomatoes Fruit Pudding Salad Bread or Roll	24 Vegetable Lasagna California Blend Fruit Crisp Romaine Salad
27 Stuffed Green Peppers Buttered Hominy Carrots Raisins or Craisins	28 Fried Chicken Hash Brown Casserole Green Beans Cherry Fluff Bread or Roll	29 Pulled Pork with Mac And Cheese Beets Breaded Tomatoes Hot Fruit Compote	30 Roast Beef Mashed Potatoes with Brown Gravy Green Bean Casserole Coleslaw Bread or Roll	31 Veggie Burger Malibu Vegetables Black-Eyed Pea Salad Fruit or Salad Bun

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