## Peace Meal Senior Nutrition Program October 2025

9/29	9/30	1	2	3
Biscuit & Gravy	Chicken Fajitas	Beef & Noodles	Liver & Onions	Cheeseburger Soup
<b>Roasted Potatoes</b>	Tortilla, Onions,	Carrots & Peas	<b>Au Gratin Potatoes</b>	Caesar Salad
<b>Hot Spiced Apples</b>	Bell Peppers	Golden Buttered	Nantucket	Broccoli Salad
Fruit Juice	Mexican Green Beans	Hominy	Vegetables	Fruit
	Pears	3 Bean Salad	Pickled Beets	Bread/Roll
	Mexican Rice		Bread/Roll	
6	7	8	9	10
Sloppy Joes & Bun	Fried Chicken	Meat Lasagna	Baked Ham	Chicken Breast
<b>Rosemary Potatoes</b>	Twice Baked Mashed	Broccoli	<b>Sweet Potatoes</b>	& Bun
<b>Seasoned Green Beans</b>	Potatoes	Corn	<b>Roasted Brussels</b>	Savory Baked Beans
Fruit	Seasoned Carrots	Cinnamon	Sprouts	California Blend
	Pea Salad	Applesauce	Pumpkin Fluff	Italian Pasta Salad
	Bread/Roll		Bread/Roll	
13	14	15	16	17
Breakfast Casserole	Chili Mac & Pasta	Chicken Pot Pie	Beef Stew	Ground Beef Taco
Paco Blend Vegetables	Cauliflower	& Biscuit	Corn	Salad
Hot Fruit	Venetian Vegetables	Harvest Blend	Fruit Crisp	Fruit
Fruit Juice	Fruit Pudding Salad	Seasoned Greens	Coleslaw	Whole Grain Chips
Whole Grain Muffin	g	Fruit	Bread/Roll	Dessert Surprise
20	21	22	23	24
Pork Fritter & Bun	Meatloaf	Settlers Beef & Beans	Turkey & Stuffing	Garlic Chicken
German Potato Salad	Mashed Potatoes	Roasted Root	Sweet Potatoes	Pasta & Vegetables
<b>Roasted Corn</b>	& Gravy	Vegetables	Green Bean	<b>Stewed Tomatoes</b>
Fruit	<b>Honey Basil Carrots</b>	Dreamsicle Salad	Casserole	Hot Fruit Compote
	Fruit	Cornbread	Cranberry Salad	•
	Bread/Roll		Bread/Roll	
27	28	29	30	31
Biscuit & Gravy	Chicken Fajitas	Beef & Noodles	Liver & Onions	Cheeseburger Soup
Roasted Potatoes	Tortilla, Onions,	Carrots & Peas	<b>Au Gratin Potatoes</b>	Caesar Salad
<b>Hot Spiced Apples</b>	Bell Peppers	Golden Buttered	Nantucket	Broccoli Salad
Fruit Juice	Mexican Green Beans	Hominy	Vegetables	Fruit
	Pears	3 Bean Salad	<b>Pickled Beets</b>	Bread/Roll
	Mexican Rice		Bread/Roll	

## For Peace Meal Reservations call Central Office 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 2025

3	4	5	6	7
Sloppy Joes & Bun Rosemary Potatoes Seasoned Green Beans Fruit	Fried Chicken Twice Baked Mashed Potatoes Seasoned Carrots Pea Salad Bread/Roll	Meat Lasagna Broccoli Corn Cinnamon Applesauce	Baked Ham Sweet Potatoes Roasted Brussels Sprouts Pumpkin Fluff Bread/Roll	Chicken Breast & Bun Savory Baked Beans California Blend Italian Pasta Salad
10 Breakfast Casserole Paco Blend Vegetables Hot Fruit Fruit Juice Whole Grain Muffin	11 Chili Mac & Pasta Cauliflower Venetian Vegetables Fruit Pudding Salad	12 Chicken Pot Pie & Biscuit Harvest Blend Seasoned Greens Fruit	13 Beef Stew Corn Fruit Crisp Coleslaw Bread/Roll	14 Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise
17 Pork Fritter & Bun German Potato Salad Roasted Corn Fruit	18 Meatloaf Mashed Potatoes & Gravy Honey Basil Carrots Fruit Bread/Roll	19 Settlers Beef & Beans Roasted Root Vegetables Dreamsicle Salad Cornbread	20 Turkey & Stuffing Sweet Potatoes Green Bean Casserole Cranberry Salad Bread/Roll	21 Garlic Chicken Pasta & Vegetables Stewed Tomatoes Hot Fruit Compote
24 Biscuit & Gravy Roasted Potatoes Hot Spiced Apples Fruit Juice	25 Chicken Fajitas Tortilla, Onions, Bell Peppers Mexican Green Beans Pears Mexican Rice	26 Beef & Noodles Carrots & Peas Golden Buttered Hominy 3 Bean Salad	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING

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