

Peace Meal Senior Nutrition Program October 2025

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

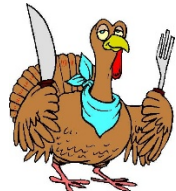
Ask the Site Supervisor for information.

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 Sloppy Joes & Bun Rosemary Potatoes Seasoned Green Beans Fruit	4 Fried Chicken Twice Baked Mashed Potatoes Seasoned Carrots Pea Salad Bread/Roll	5 Meat Lasagna Broccoli Corn Cinnamon Applesauce	6 Baked Ham Sweet Potatoes Roasted Brussels Sprouts Pumpkin Fluff Bread/Roll	7 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 

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.