

Peace Meal Senior Nutrition Program

February 2026

2 Ham & Beans Copper Carrots Tropical Fruit Cornbread	3 Shepherd's Pie Hot Fruit Crisp 3 Bean Salad Biscuit	4 Chicken Cordon Bleu Garlic Vegetables Maple Glazed Brussels Sprouts Pea Salad Bread or Roll	5 Meatloaf Sour Cream & Chive Mashed Potatoes Stewed Tomatoes Peaches Bread or Roll	6 Tuna Casserole Peas Cinnamon Glazed Carrots Cottage Cheese Salad Bread or Roll
9 Hamburger & Bun Tater Tots Baked Beans Mandarin Oranges	10 Fried Chicken Au Gratin Potatoes Pea & Pearl Onions Coleslaw Bread or Roll	11 Country Fried Steak Mashed Potatoes & Gravy Glazed Carrots Cherry Dessert Bread or Roll	12 Turkey Pot Roast with Vegetables Green Beans 5 Cup Salad Bread or Roll	13 Vegetable Lasagna California Blend Vegetables Fruit Crisp Side Salad
16 Biscuit & Gravy Paco Vegetables Hot Spiced Apples Fruit Juice	17 Roast Beef Mashed Potatoes & Gravy Green Bean Casserole Cranberry Salad Bread or Roll	18 Spaghetti & Meat Sauce Broccoli Corn Grapes	19 Chicken Casserole Creamed Peas Scalloped Tomatoes Apricots Bread or Roll	20 Pimento Cheese Spread & Bread Vegetable Soup Carrot & Raisin Salad Black Eyed Pea Salad
23 Breakfast Casserole Roasted Potatoes Warm Fruit Fruit Juice Muffin	24 Chicken & Noodles Mashed Potatoes & Gravy Carrots & Peas Watergate Salad	25 Polish Sausage Roasted Root Vegetables Golden Buttered Hominy Fruit–Chef's Choice	26 Garlic Steak Bites Baby Bakers Corn Casserole Broccoli Salad Bread or Roll	27 Southern Breaded Fish Sandwich Baked Onion Casserole Kidney Beans American Potato Salad

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.

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