

# Peace Meal Senior Nutrition Program

## August 2025

				<b>1</b> <b>Marinated Pork Loin</b> <b>Mashed Sweet</b> <b>Potatoes</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Broccoli Salad</b> <b>Roll/Bread</b>
<b>4</b> <b>Pork Burger</b> <b>&amp; Bun</b> <b>German Potato</b> <b>Salad</b> <b>Baked Beans</b> <b>Fruit</b>	<b>5</b> <b>Ham &amp; Beans</b> <b>Copper Carrots</b> <b>Pineapple</b> <b>Cornbread</b> <b>Dessert</b>	<b>6</b> <b>Meatloaf</b> <b>Sour Cream &amp; Chive</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Tomato Salad</b> <b>Roll</b>	<b>7</b> <b>Chicken Salad</b> <b>Sandwich</b> <b>Tomato Basil Soup</b> <b>Tangy Coleslaw</b> <b>Fruit Dessert</b>	<b>8</b> <b>Pizza Spaghetti</b> <b>Casserole</b> <b>Asparagus</b> <b>Hot Fruit Compote</b> <b>Romaine Side Salad</b>
<b>11</b> <b>Biscuit &amp; Gravy</b> <b>Roasted Potatoes</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b>	<b>12</b> <b>Fried Chicken</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Stewed Tomatoes</b> <b>Watermelon</b> <b>Bread/Roll</b>	<b>13</b> <b>Beef Stroganoff</b> <b>Hot Seasoned</b> <b>Greens</b> <b>Roasted Corn</b> <b>Cherry Dump</b> <b>Cake</b>	<b>14</b> <b>Ground Beef Taco</b> <b>Salad</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert Surprise</b>	<b>15</b> <b>Brat &amp; Bun</b> <b>Cheesy Potatoes</b> <b>Roasted Green</b> <b>Beans</b> <b>Vibrant Summer</b> <b>Fruit Mix</b>
<b>18</b> <b>Meatball Sub</b> <b>Tater Tots</b> <b>Succotash</b> <b>Fruit</b>	<b>19</b> <b>Chicken Strips</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Mixed Vegetables</b> <b>Applesauce</b> <b>Bread/Roll</b>	<b>20</b> <b>Chicken &amp; Noodles</b> <b>Roasted Zucchini</b> <b>&amp; Squash</b> <b>Berry Crisp</b> <b>Cucumber Salad</b>	<b>21</b> <b>Turkey &amp; Swiss</b> <b>on a Croissant</b> <b>Vegetable Soup</b> <b>Creamy Coleslaw</b> <b>Fruit Salad</b> <b>Crackers</b>	<b>22</b> <b>Southern Breaded</b> <b>Fish Sandwich</b> <b>Hot Black Eyed Pea</b> <b>Salad</b> <b>Corn</b> <b>Carrot &amp; Raisin Salad</b>
<b>25</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Vegetables</b> <b>Hot Fruit</b> <b>Fruit Juice</b> <b>Muffin</b>	<b>26</b> <b>Stuffed Peppers</b> <b>Buttered Golden</b> <b>Hominy</b> <b>Carrots &amp; Peas</b> <b>Fruit</b> <b>Roll</b>	<b>27</b> <b>Chicken Parmesan</b> <b>Casserole</b> <b>Kyoto Vegetables</b> <b>Green Beans</b> <b>Peaches</b>	<b>28</b> <b>Sub Sandwich</b> <b>Ham, Turkey,</b> <b>Cheese</b> <b>Potato Salad</b> <b>Three Bean Salad</b> <b>Summer Salad</b>	<b>29</b> <b>Marinated Pork Loin</b> <b>Mashed Sweet</b> <b>Potatoes</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Broccoli Salad</b> <b>Roll/Bread</b>

**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 September 2025

<b>1</b> <b>Closed</b> <b>for</b> <b>Labor</b> <b>Day</b> 	<b>2</b> <b>Pork Burger</b> <b>&amp; Bun</b> <b>German Potato</b> <b>Salad</b> <b>Baked Beans</b> <b>Fruit</b>	<b>3</b> <b>Meatloaf</b> <b>Sour Cream &amp; Chive</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Tomato Salad</b> <b>Roll</b>	<b>4</b> <b>Chicken Salad</b> <b>Sandwich</b> <b>Tomato Basil Soup</b> <b>Tangy Coleslaw</b> <b>Fruit Dessert</b>	<b>5</b> <b>Pizza Spaghetti</b> <b>Casserole</b> <b>Asparagus</b> <b>Hot Fruit Compote</b> <b>Romaine Side Salad</b>
<b>8</b> <b>Biscuit &amp; Gravy</b> <b>Roasted Potatoes</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b>	<b>9</b> <b>Fried Chicken</b> <b>Twice Baked</b> <b>Mashed Potatoes</b> <b>Stewed Tomatoes</b> <b>Watermelon</b> <b>Bread/Roll</b>	<b>10</b> <b>Beef Stroganoff</b> <b>Hot Seasoned</b> <b>Greens</b> <b>Roasted Corn</b> <b>Cherry Dump</b> <b>Cake</b>	<b>11</b> <b>Ground Beef Taco</b> <b>Salad</b> <b>Fruit</b> <b>Whole Grain Chips</b> <b>Dessert Surprise</b>	<b>12</b> <b>Brat &amp; Bun</b> <b>Cheesy Potatoes</b> <b>Roasted Green</b> <b>Beans</b> <b>Vibrant Summer Fruit</b> <b>Mix</b>
<b>15</b> <b>Meatball Sub</b> <b>Tater Tots</b> <b>Succotash</b> <b>Fruit</b>	<b>16</b> <b>Chicken Strips</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Mixed Vegetables</b> <b>Applesauce</b> <b>Bread/Roll</b>	<b>17</b> <b>Chicken &amp; Noodles</b> <b>Roasted Zucchini</b> <b>&amp; Squash</b> <b>Berry Crisp</b> <b>Cucumber Salad</b>	<b>18</b> <b>Turkey &amp; Swiss</b> <b>on a Croissant</b> <b>Vegetable Soup</b> <b>Creamy Coleslaw</b> <b>Fruit Salad</b> <b>Crackers</b>	<b>19</b> <b>Southern Breaded</b> <b>Fish Sandwich</b> <b>Hot Black Eyed Pea</b> <b>Salad</b> <b>Corn</b> <b>Carrot &amp; Raisin Salad</b>
<b>22</b> <b>Breakfast</b> <b>Casserole</b> <b>Paco Vegetables</b> <b>Hot Fruit</b> <b>Fruit Juice</b> <b>Muffin</b>	<b>23</b> <b>Stuffed Peppers</b> <b>Buttered Golden</b> <b>Hominy</b> <b>Carrots &amp; Peas</b> <b>Fruit</b> <b>Roll/Bread</b>	<b>24</b> <b>Chicken Parmesan</b> <b>Casserole</b> <b>Kyoto Vegetables</b> <b>Green Beans</b> <b>Peaches</b>	<b>25</b> <b>Sub Sandwich</b> <b>Ham, Turkey,</b> <b>Cheese</b> <b>Potato Salad</b> <b>Three Bean Salad</b> <b>Summer Salad</b>	<b>26</b> <b>Marinated Pork Loin</b> <b>Mashed Sweet</b> <b>Potatoes</b> <b>Roasted Brussels</b> <b>Sprouts</b> <b>Broccoli Salad</b> <b>Roll/Bread</b>
<b>29</b> <b>Stay tuned.....this</b> <b>day will be on the</b> <b>October menu</b>	<b>30</b> <b>Stay tuned.....this</b> <b>day will be on the</b> <b>October menu</b>			

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