

## Peace Meal Senior Nutrition Program September 2024

<b>2</b> <b>CLOSED FOR LABOR DAY HOLIDAY</b>	<b>3</b> <b>Tamale Pie Cauliflower Hot Fruit Mexican Salad Cornbread</b>	<b>4</b> <b>Marinated Pork Loin Mashed Sweet Potatoes Brussels Sprouts Cauliflower and Broccoli Salad Bread</b>	<b>5</b> <b>Brats Cheesy Potato Bites Green Beans Fruit Bun</b>	<b>6</b> <b>Chicken Strips Mashed Potatoes w/White Gravy Mixed Vegetables Hawaiian Salad Bread</b>
<b>9</b> <b>Pulled Pork Baked Beans Corn Apricots Bun</b>	<b>10</b> <b>Meatloaf Potato Salad Carrots Hot Fruit Crisp Bread</b>	<b>11</b> <b>Chicken Broccoli Rice Bake Hot Beets Herbed Peas Dreamsicle Salad Bread or Roll</b>	<b>12</b> <b>Chef Salad Ham, Turkey, Egg, Cheese, Veggies Banana Split Fluff Bread or Roll</b>	<b>13</b> <b>Chicken and Noodles Mashed Potatoes Green Beans Tomato Salad Bread or roll</b>
<b>16</b> <b>Biscuits and Gravy Paco Blend Veggies Hot Fruit Fruit Juice</b>	<b>17</b> <b>Fried Chicken Twice Baked Mashed Potatoes Lima Beans Cucumber Salad Bread or Roll</b>	<b>18</b> <b>Hamburger Hashbrown Casserole Corn and Black Beans Pina Colada Cake Bun</b>	<b>19</b> <b>Sub Sandwich Turkey, Ham, Cheese Veggie Pasta Salad Minestrone Soup Summer Fruit Salad Sub Bun</b>	<b>20</b> <b>Pasta with Meat Sauce Peas California Blend Romaine Side Salad</b>
<b>23</b> <b>Grilled Chicken Breast Black Eyed Pea Salad Green Beans Fruit Bun</b>	<b>24</b> <b>Goulash Buttered Hominy Seasoned Greens Chunky Applesauce</b>	<b>25</b> <b>Ham and Beans Copper Carrots Peaches Cornbread Kitchen Choice Dessert</b>	<b>26</b> <b>Taco Salad with Beans and Tomatoes Fruit Chips Salsa Dessert</b>	<b>27</b> <b>Breaded Fish German Potato Salad Corn Watermelon Bun</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.