

Peace Meal Senior Nutrition Program

January 2026

5 Ham & Beans Copper Carrots Tropical Fruit Cornbread	6 Shepherd's Pie Hot Fruit Crisp 3 Bean Salad Biscuit	7 Chicken Cordon Bleu Garlic Vegetables Maple Glazed Brussels Sprouts Pea Salad Bread or Roll	8 Meatloaf Sour Cream & Chive Mashed Potatoes Stewed Tomatoes Peaches Bread or Roll	9 Tuna Casserole Peas Cinnamon Glazed Carrots Cottage Cheese Salad Bread or Roll
12 Hamburger & Bun Tater Tots Baked Beans Mandarin Oranges	13 Fried Chicken Au Gratin Potatoes Pea & Pearl Onions Coleslaw Bread or Roll	14 Country Fried Steak Mashed Potatoes & Gravy Glazed Carrots Cherry Dessert Bread or Roll	15 Turkey Pot Roast with Vegetables Green Beans 5 Cup Salad Bread or Roll	16 Vegetable Lasagna California Blend Vegetables Fruit Crisp Side Salad
19 Biscuit & Gravy Paco Vegetables Hot Spiced Apples Fruit Juice	20 Roast Beef Mashed Potatoes & Gravy Green Bean Casserole Cranberry Salad Bread or Roll	21 Spaghetti & Meat Sauce Broccoli Corn Grapes	22 Chicken Casserole Creamed Peas Scalloped Tomatoes Apricots Bread or Roll	23 Pimento Cheese Spread & Bread Vegetable Soup Carrot & Raisin Salad Black Eyed Pea Salad
26 Breakfast Casserole Roasted Potatoes Warm Fruit Fruit Juice Muffin	27 Chicken & Noodles Mashed Potatoes & Gravy Carrots & Peas Watergate Salad	28 Polish Sausage Roasted Root Vegetables Golden Buttered Hominy Fruit-Chef's Choice	29 Garlic Steak Bites Baby Bakers Corn Casserole Broccoli Salad Bread or Roll	30 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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