

## Peace Meal Senior Nutrition Program January 2026

<b>5</b> <b>Ham &amp; Beans</b> <b>Copper Carrots</b> <b>Tropical Fruit</b> <b>Cornbread</b>	<b>6</b> <b>Shepherd's Pie</b> <b>Hot Fruit Crisp</b> <b>3 Bean Salad</b> <b>Biscuit</b>	<b>7</b> <b>Chicken Cordon</b> <b>Bleu</b> <b>Garlic Vegetables</b> <b>Maple Glazed</b> <b>Brussels Sprouts</b> <b>Pea Salad</b> <b>Bread or Roll</b>	<b>8</b> <b>Meatloaf</b> <b>Sour Cream &amp; Chive</b> <b>Mashed Potatoes</b> <b>Stewed Tomatoes</b> <b>Peaches</b> <b>Bread or Roll</b>	<b>9</b> <b>Tuna Casserole</b> <b>Peas</b> <b>Cinnamon Glazed</b> <b>Carrots</b> <b>Cottage Cheese</b> <b>Salad</b> <b>Bread or Roll</b>
<b>12</b> <b>Hamburger &amp; Bun</b> <b>Tater Tots</b> <b>Baked Beans</b> <b>Mandarin Oranges</b>	<b>13</b> <b>Fried Chicken</b> <b>Au Gratin Potatoes</b> <b>Pea &amp; Pearl Onions</b> <b>Coleslaw</b> <b>Bread or Roll</b>	<b>14</b> <b>Country Fried Steak</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Glazed Carrots</b> <b>Cherry Dessert</b> <b>Bread or Roll</b>	<b>15</b> <b>Turkey Pot Roast</b> <b>with Vegetables</b> <b>Green Beans</b> <b>5 Cup Salad</b> <b>Bread or Roll</b>	<b>16</b> <b>Vegetable Lasagna</b> <b>California Blend</b> <b>Vegetables</b> <b>Fruit Crisp</b> <b>Side Salad</b>
<b>19</b> <b>Biscuit &amp; Gravy</b> <b>Paco Vegetables</b> <b>Hot Spiced Apples</b> <b>Fruit Juice</b>	<b>20</b> <b>Roast Beef</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Green Bean</b> <b>Casserole</b> <b>Cranberry Salad</b> <b>Bread or Roll</b>	<b>21</b> <b>Spaghetti</b> <b>&amp; Meat Sauce</b> <b>Broccoli</b> <b>Corn</b> <b>Grapes</b>	<b>22</b> <b>Chicken Casserole</b> <b>Creamed Peas</b> <b>Scalloped Tomatoes</b> <b>Apricots</b> <b>Bread or Roll</b>	<b>23</b> <b>Pimento Cheese</b> <b>Spread &amp; Bread</b> <b>Vegetable Soup</b> <b>Carrot &amp; Raisin</b> <b>Salad</b> <b>Black Eyed Pea</b> <b>Salad</b>
<b>26</b> <b>Breakfast Casserole</b> <b>Roasted Potatoes</b> <b>Warm Fruit</b> <b>Fruit Juice</b> <b>Muffin</b>	<b>27</b> <b>Chicken &amp; Noodles</b> <b>Mashed Potatoes</b> <b>&amp; Gravy</b> <b>Carrots &amp; Peas</b> <b>Watergate Salad</b>	<b>28</b> <b>Polish Sausage</b> <b>Roasted Root</b> <b>Vegetables</b> <b>Golden Buttered</b> <b>Hominy</b> <b>Fruit–Chef's Choice</b>	<b>29</b> <b>Garlic Steak Bites</b> <b>Baby Bakers</b> <b>Corn Casserole</b> <b>Broccoli Salad</b> <b>Bread or Roll</b>	<b>30</b> <b>Southern Breaded</b> <b>Fish Sandwich</b> <b>Baked Onion</b> <b>Casserole</b> <b>Kidney Beans</b> <b>American Potato</b> <b>Salad</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 February 2026

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

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