Peace Meal Senior Nutrition Program
August 2026

3 BBQ Pork Riblet on a Sub Bun Tater Tots Black Eyed Peas Cucumber Salad	**4** Chicken Alfredo California Blend Vegetables Peas Fruit Salad	**5** Hamburger on a Bun Cheesy Potatoes Cherry Crisp Creamy Coleslaw	**6** Baked Ham Sweet Potatoes Roasted Seasoned Brussels Sprouts Dreamsicle Salad Bread/Roll	**7** Fried Chicken Baked Beans Corn Potato Salad Roll
10 Biscuits & Gravy Roasted Vegetables Spiced Apples Juice	**11** Chili Mac Cauliflower Nantucket Vegetables Fruit	**12** Country Fried Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Tropical Fruit Bread/Roll	**13** Chicken Fajitas & Tortillas Mexican Green Beans Pears Mexican Rice	**14** Ham, Turkey & Cheese Sub Fresh Tomato Salad 3 Beans Salad Summer Fruit Salad
17 Sloppy Joes on a Bun Rosemary Potatoes Corn Pineapple	**18** Breakfast Casserole Paco Blend Vegetables Warm Fruit Juice Bread	**19** Beef & Noodles Carrots & Peas Golden Buttered Hominy Watergate Salad	**20** Brat on a Bun Baked Beans Fruit Crisp Vegetable Pasta Salad	**21** Chef Salad (Ham, Turkey, Cheese & Veggies) Banana Split Fluff Salad Roll & Croutons
24 Ham & Beans Cornbread Copper Carrots Applesauce	**25** Meatloaf Twice Baked Mashed Potatoes Lima Beans Hawaiian Salad Bread/Roll	**26** Chicken Strips Scalloped Potatoes Green Beans Mandarin Oranges Bread/Roll	**27** Spaghetti & Meat Sauce Seasoned Greens Corn Broccoli Salad	**28** Chicken Enchilada Casserole Stewed Tomatoes Roasted Corn & Black Beans Fruit
31 BBQ Pork Riblet on a Sub Bun Tater Tots Black Eyed Peas Cucumber Salad				

For Peace Meal 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 2026

	1 Chicken Alfredo California Blend Vegetables Peas Fruit Salad	**2** Hamburger on a Bun Cheesy Potatoes Cherry Crisp Creamy Coleslaw	**3** Baked Ham Sweet Potatoes Roasted Seasoned Brussels Sprouts Dreamsicle Salad Bread/Roll	**4** Fried Chicken Baked Beans Corn Potato Salad Roll
7 Closed Labor Day 	**8** Chili Mac Cauliflower Nantucket Vegetables Fruit	**9** Country Fried Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Tropical Fruit Bread/Roll	**10** Chicken Fajitas & Tortillas Mexican Green Beans Pears Mexican Rice	**11** Ham, Turkey & Cheese Sub Fresh Tomato Salad 3 Beans Salad Summer Fruit Salad
14 Sloppy Joes on a Bun Rosemary Potatoes Corn Pineapple	**15** Breakfast Casserole Paco Blend Vegetables Warm Fruit Juice Bread	**16** Beef & Noodles Carrots & Peas Golden Buttered Hominy Watergate Salad	**17** Brat on a Bun Baked Beans Fruit Crisp Vegetable Pasta Salad	**18** Chef Salad (Ham, Turkey, Cheese & Veggies) Banana Split Fluff Salad Roll & Croutons
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28 We will see you on the next menu 	**29** We will see you on the next menu 	**30** We will see you on the next menu 		

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