

Peace Meal Senior Nutrition Program October 2026

9/28 Breakfast Casserole Paco Vegetables Warm Fruit Fruit Juice	9/29 Chicken & Noodles Seasoned Greens 3 Bean Salad Fruit Crisp	9/30 Turkey & Swiss Sub Sandwich Wild Rice Soup Copper Carrots Tropical Fruit	1 Peppered Beef over Brown Rice Stir Fry Vegetables Cauliflower Pineapple	2 Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise
5 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad	6 Pork Loin Mashed Sweet Potatoes Brussels Sprouts with Craisins & Bacon Apple Slaw Roll or Bread	7 Swiss Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Cherry Dessert Roll or Bread	8 Chicken Parmesan over Spaghetti Broccoli Corn Grapes	9 Meatloaf Creamed Peas & Potatoes Stewed Tomatoes Apricots Roll or Bread
12 Chili & Peanut Butter Sandwich Coleslaw Peaches Whole Grain Bread	13 Goulash Golden Buttered Hominy Seasoned Green Beans 5 Cup Salad	14 Mushroom Crusted Chicken Breast Rosemary Potatoes Mixed Vegetables Broccoli Salad Roll or Bread	15 Biscuits & Gravy Roasted Root Vegetables Hot Spiced Apples Fruit Juice	16 Hawaiian Chicken over Rice Broccoli Fruit Dump Cake Side Salad
19 Meatball Sub Tater Tots Corn Fruit Cocktail	20 Beef Stew Harvest Blend Lima Beans Pickled Beets Whole Grain Biscuit	21 Baked Ziti California Blend Very Veggie Salad Fruit Crisp	22 Fried Chicken Cheese Potatoes Peas & Pearl Onions Berry Fluff Roll or Bread	23 Turkey Sweet Potatoes Green Beans Casserole Cranberry Salad Stuffing Pumpkin Dessert
26 Breakfast Casserole Paco Vegetables Warm Fruit Fruit Juice	27 Chicken & Noodles Seasoned Greens 3 Bean Salad Fruit Crisp	28 Turkey & Swiss Sub Sandwich Wild Rice Soup Copper Carrots Tropical Fruit	29 Peppered Beef over Brown Rice Stir Fry Vegetables Cauliflower Pineapple	30 Ground Beef Taco Salad Fruit Whole Grain Chips Dessert Surprise

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.

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2 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad	3 Pork Loin Mashed Sweet Potatoes Brussels Sprouts with Craisins & Bacon Apple Slaw Roll or Bread	4 Swiss Steak Mashed Potatoes & Gravy Cinnamon Glazed Carrots Cherry Dessert Roll or Bread	5 Chicken Parmesan over Spaghetti Broccoli Corn Grapes	6 Meatloaf Creamed Peas & Potatoes Stewed Tomatoes Apricots Roll or Bread
9 Chili & Peanut Butter Sandwich Coleslaw Peaches Whole Grain Bread	10 Goulash Golden Buttered Hominy Seasoned Green Beans 5 Cup Salad	11 Mushroom Crusted Chicken Breast Rosemary Potatoes Mixed Vegetables Broccoli Salad Roll or Bread	12 Biscuits & Gravy Roasted Root Vegetables Hot Spiced Apples Fruit Juice	13 Hawaiian Chicken over Rice Broccoli Fruit Dump Cake Side Salad
16 Meatball Sub Tater Tots Corn Fruit Cocktail	17 Beef Stew Harvest Blend Lima Beans Pickled Beets Whole Grain Biscuit	18 Baked Ziti California Blend Very Veggie Salad Fruit Crisp	19 Fried Chicken Cheese Potatoes Peas & Pearl Onions Berry Fluff Roll or Bread	20 Turkey Sweet Potatoes Green Beans Casserole Cranberry Salad Stuffing Pumpkin Dessert
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30 Italian Beef on a Sub Roll Green Beans Black Eyed Peas Potato Salad				

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