



# OSF Peace Meal Menu

April 2026

MON	TUES	WED	THURS	FRI	SAT
<p><i>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 &amp; home delivered meal.</i></p>	<p><i>No older person shall be denied a meal because of their inability to contribute towards the cost of the meal.</i></p> <p><i>We accept the Illinois Link card.</i></p>	<p><b>SALAD BAR ON</b></p> <p><b>WEDNESDAYS AT ARC</b></p>	<p>2</p> <p>Taco Boats w/ meat, beans, sour cream and cheese</p> <p>Lettuce, Tomato</p> <p>Fruit Cup</p>	<p>3</p> <p>No Peace Meal on Good Friday</p>	<p>4</p>
<p>6</p> <p>Salsbury Steak</p> <p>Mashed Potatoes/gravy</p> <p>Corn</p> <p>Fruit cup</p> <p>Whole wheat bread</p>	<p>7</p> <p>Swedish Meatballs</p> <p>Broccoli</p> <p>Spiced Apples</p> <p>Wheat Bread</p>		<p>9</p> <p>Chef Salad w/ham</p> <p>Eggs, cheese, tomato</p> <p>Pears</p> <p>Vanilla pudding</p> <p>Bread Sticks</p>	<p>10</p> <p>Porkchops</p> <p>Succotash</p> <p>Cherry Crumble</p> <p>Whole Wheat Bread</p>	<p>11</p>
<p>13</p> <p>Pretzel Dogs</p> <p>Tator Tots</p> <p>Peas</p> <p>Fruit Cup</p>	<p>14</p> <p>Cheeseburger</p> <p>Broccoli</p> <p>Spiced Pears</p> <p>Bun</p>		<p>16</p> <p>Turkey, Cheese Wrap w/ lettuce and tomato</p> <p>Cottage Cheese</p> <p>Diced Peaches</p>	<p>17</p> <p>Spaghetti w/meat</p> <p>Carrots</p> <p>Blushing Pears</p> <p>Breadstick</p>	<p>18</p>
<p>20</p> <p>BBQ Sandwich</p> <p>Baked Beans</p> <p>Corn</p> <p>Fruit Cup</p> <p>Whole Wheat Bun</p>	<p>21</p> <p>Chicken Tortellini Alfredo</p> <p>Broccoli</p> <p>Warm Cinnamon Applesauce</p> <p>Breadstick</p>		<p>23</p> <p>Chicken Bacon Ranch</p> <p>Wrap w/ lettuce, tomato</p> <p>Celery sticks</p> <p>Cottage Cheese</p> <p>Pineapples</p>	<p>24</p> <p>Philly Cheese Steak</p> <p>Tator Tots</p> <p>Asparagus</p> <p>Fruit Cup</p> <p>Whole Wheat Bun</p>	<p>25</p>
<p>27</p> <p>Chicken &amp; Noodles</p> <p>Peas &amp; Carrots</p> <p>Mashed Potatoes</p> <p>Fruit Cup</p> <p>Whole Wheat Roll</p>	<p>28</p> <p>Sloppy Joes</p> <p>Green Beans</p> <p>Tator Tots</p> <p>Fruit Cup</p> <p>Whole Wheat Bun</p>		<p>30</p> <p>Cold Spaghetti salad w/ meat</p> <p>Apple sauce</p> <p>Diced Peaches</p> <p>Bread Stick</p>		

For reservations, call ARC: 309-888-9099, press 1, at least 24 hours in advance by noon