





OSF Peace Meal Menu January 2026

For Reservations Call ARC: 309-888-9099, Press 1, at least 24 hours in advance by noon

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 & home delivered meal.</i></p> 		SALAD BAR AT ARC ON WEDNESDAYS	<p>CLOSED 1</p> <p>Happy New Years!</p> <p><i>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.</i></p>	<p>CLOSED 2</p> <p>Happy New Years!</p> 	<p>CLOSED 3</p> <p>Happy New Years!</p>
<p>5</p> <p>Ham & Beans Cream Corn Mashed Sweet Potatoes Pineapple Cup Cornbread</p>	<p>6</p> <p>Chicken Fried Steak w/Gravy Green Beans Rice Pilaf Pears Cup Dinner Roll</p>		<p>8</p> <p>Cobb Salad w/Vinegarette Carrot Bites Vanilla Pudding Mandarin Oranges Cup Dinner Roll</p>	<p>9</p> <p>Baked Manicotti Scandinavian Veggie Blend Asparagus Mixed Fruit Cup Breadstick</p>	<p>10</p> <p>No Peace Meal at ARC on Saturdays</p>
<p>12</p> <p>Beef Fried Rice Vegetable Dumpling Egg Drop Soup Strawberry Applesauce Fortune Cookies</p>	<p>13</p> <p>Biscuit & Gravy Veggie Scramble Hashbrowns Peach Cup</p> 		<p>15</p> <p>Swedish Meatballs Brussels Spouts Baby Baker Potatoes Papaya & Mango Cup Sliced Bread</p>	<p>16</p> <p>Smothered Chicken Corn Broccoli Tropical Fruit Cup Dinner Roll</p>	<p>17</p> <p>No Peace Meal at ARC on Saturdays</p>
<p>19</p> <p>ARC CLOSED FOR MLK JR DAY, NO PEACE MEAL</p>	<p>20</p> <p>Grilled Pork Chop Sweet Peas Mac & Cheese Cinnamon Applesauce Sliced Bread</p>		<p>22</p> <p>Shepherd's Pie Hominy Au Gratin Sauteed Mushrooms Pineapple Cup Cornbread</p>	<p>23</p> <p>Chicken Broccoli Alfredo Cauliflower Peach Crisp Breadstick</p>	<p>24</p> <p>No Peace Meal at ARC on Saturdays</p>
<p>26</p> <p>Vegetable Beef Soup Spanish Rice Au Gratin Potatoes Mixed Fruit Cup Sliced Bread</p>	<p>27</p> <p>BBQ Pulled Pork Baked Beans Street Corn Mandarin Oranges Cup Hamburger Bun</p>		<p>29</p> <p>Ham Chef Salad w/Ranch Coleslaw Jello Peaches & Crème Cup Dinner Roll</p>	<p>30</p> <p>Chicken Parmesan Succotash Parsley Potatoes Pear Cup Breadstick</p> 	<p>31</p> <p>No Peace Meal at ARC on Saturdays</p>