

**Peace Meal Senior Nutrition Program
September 2025**

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| 1 CLOSED FOR HOLIDAY | 2 Fried Chicken Mashed Potatoes & Gravy Corn Mandarin Oranges Roll | 3 Salad Bar | 4 Sliced Turkey / Gravy Sweet Potatoes Nantucket Veggies Pineapple Roll | 5 Polish Sausage Sliced Sauerkraut Delmonica Potatoes Brussel Sprouts Pears Sliced Bread |
| 8 Hawaiian Chicken Fried Rice Stir Fried Veggies Mandarin Oranges Sliced Bread | 9 Sloppy Joes Tator Tots Mixed Veggies Pineapple Bun | 10 Salad Bar | 11 Breakfast Casserole Tri Peppers with Mushrooms Warm Peach Cobbler Sliced Bread | 12 Chicken Broccoli Rice Corn Casserole Lima Beans Tropical Fruit Sliced Orange Bread |
| 15 Peppers Beef with Noodles Succotash Waxed Beans Mixed Fruit Dinner Roll | 16 Hamburger & Bun Steak Fries Peas & Carrots Applesauce Ketchup & Mustard Packets | 17 Salad Bar | 18 Baked Ham Sweet Potatoes Asparagus Cookie Mandarin Oranges Roll | 19 Taco Salad Lettuce, Cheese, Tomatoes, Salsa, Black Beans, Fire Roasted Corn, Chips, Sour Cream, Taco Sauce Fruited Jello |
| 22 BBQ Riblet & Bun Garlic Parmesan Roasted Potatoes Spinach Pears | 23 Baked Pork Chop Roasted Veggies Rivara Blend Veggies Applesauce Roll | 24 Salad Bar | 25 Chicken Fettuccini Alfredo Glazed Carrots Brussel Sprouts Mixed Fruit Bread Stick | 26 3 Bean Chili Veggie Blend Apple Crisp Corn Bread |
| 29 Country Fried Steak Mashed Potatoes & Gravy Corn Peaches Roll | 30 Hot Dog & Bun Baked Beans Veggie Blend Pears Ketchup & Mustard Packets | | | |

For Reservations Call

ARC: 309-888-9099 Press 1, at least 24 hours in advance by 12 noon.

Due to global supply chain shortages, we may need to substitute on our planned menus with little or no notice. We still guarantee a nutritious meal. We appreciate your patience and understanding.

Skim milk and desserts with no sugar added are available in many locations.

Ask the Site Coordinator 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.