

**Peace Meal Senior Nutrition Program-ARC
September 2022**

			1 Pulled Pork Sandwich Baked Beans Seasoned Spinach Pineapple Bun	2 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Carrots Jello w/Fruit Whole-Grain Wheat
5 CLOSED FOR LABOR DAY HOLIDAY	6 Soup, Salad, & Dessert	7 Chicken Tetrazzini Breaded Tomatoes Scandinavian Veggie Blend Mandarin Oranges Whole-Grain Wheat	8 Taco Salad w/Beans, Lettuce, Cheese, Tomatoes, Sour Cream, & Taco Sauce Tropical Fruit Blend Taco Chips	9 Saucy Riblet Sandwich Au gratin Potatoes Brussel Sprouts Sunshine Salad Bun
12 Sweet 'n Sour Chicken Chunks Stir-Fry Veggie Blend Seasoned Carrots Pineapple Tidbits Dinner Roll	13 Soup, Salad, & Dessert	14 Cabbage Rolls Midori Veggie Blend Herbed Peas Chunky Applesauce Whole-Grain Wheat	15 Roast Beef w/Gravy Mashed Potatoes Seasoned Greens Grapes Whole-Grain Wheat	16 Breakfast Casserole Tri-Pepper & Mushroom Medley Warm Fruit Compote Fresh Seasonal Fruit Whole-Grain Wheat
19 Baked Ham Candied Sweet Potatoes Italian Veggie Blend Fruit Cocktail Dinner Roll	20 Soup, Salad, & Dessert	21 Tasty Tuna Salad w/Grapes Copper Carrots Cucumber Salad Dried Cranberries Whole-Grain Crackers or Bread	22 Fried Chicken Mashed Potatoes w/Gravy Venetian Veggie Blend Cantaloupe Whole-Grain Wheat	23 Sub Sandwich Broccoli Salad Seasonal Fruit Dessert Juice Cup Bun
26 Tangy BBQ Meatballs Ranch Potatoes Mixed Vegetables Blushing Pears Whole-Grain Wheat	27 Soup, Salad, & Dessert	28 Stuffed Chicken Breast Nantucket Veggie Blend Corn Apricots Whole-Grain Wheat	29 Pulled Pork Sandwich Baked Beans Seasoned Spinach Pineapple Bun	30 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Carrots Jello w/Fruit Whole-Grain Wheat

For Reservations or Information 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 \$3.50 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.