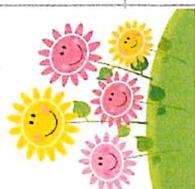
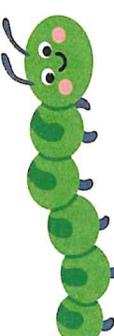




OSF Peace Meal Menu

MON	TUES	WED	THURS	FRI	SAT	
2 Chicken & Noodles Peas & Carrots Mashed Potatoes Fruit Cup Whole Wheat Roll	3 Sloppy Joes Green Beans Tator Tots Fruit Cup Whole Wheat Bun 	<b>SALAD BAR ON WEDNESDAYS AT ARC</b>			6 Tuna Noodle Casserole w/Peas Broccoli Fruit Cup Whole Wheat Bread	7
9 Baked Ham Sweet Potatoes Brussel Sprouts Fruit Cup Whole Wheat Roll	10 Country Fried Steak w/Gravy Corn Green Beans Fruit Cup Whole Wheat Bread				13 Salmon Patties Broccoli Seasoned Carrots Fruit Cup Corn Bread	14
16 Stuffed Peppers w/Sauce Corn Italian Green Beans Warm Cinnamon Applesauce Whole Wheat Bread	17 Pepper & Beef w/Brown Rice Peas Corn Fruit Cup Whole Wheat Roll 				20 Tilapia w/Rice Pilaf Butter Beans Spinach Fruit Cup Cheddar Biscuits	21
23 Turkey Pot Roast w/Baby Carrots & Celery Stuffing Fruit Cup 	24 Beef & Noodles Peas Beets Fruit Cup Whole Wheat Bread				27 Breaded Catfish Mixed Veggies Zucchini Bake Fruit Cup Corn Bread	28
31 Chicken & Peas & Carrots Mashed Potatoes Fruit Cup Whole Wheat Roll 	Sloppy Joes Green Beans Tator Tots Fruit Cup Whole Wheat Bun				<p>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 congregant &amp; home delivered meal.</p> <p>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.</p>	