

## PEACE MEAL SENIOR NUTRITION PROGRAM MENUS

25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey w/ Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey w/ Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans

Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomateos	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	THANKSGIVING	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	NO MEALS	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans		Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup		White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler			Fruit

27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomateos	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

4-Dec	5-Dec	6-Dec	7-Dec	8-Dec
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	THANKSGIVING	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	NO MEALS	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans		Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup		White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler			Fruit

25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
CHRISTMAS	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
NO MEALS	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
	Stewed Tomateos	Carrots & Onions	Dinner Roll	Garlic Toast
	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake

	Pineapple Upside Down Cake			

1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
NEW YEAR'S	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
NO MEALS	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	THANKSGIVING	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	NO MEALS	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans		Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup		White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler			Fruit

22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrizzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf

Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey & Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

26-Feb	27-Feb	28-Feb	1-Mar	2-Mar
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey & Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrzzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	GOOD FRIDAY
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	NO MEALS
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	

2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies

Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey & Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrizzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

30-Apr	1-May	2-May	3-May	4-May
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

7-May	8-May	9-May	10-May	11-May
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey & Gravy	Baked Fish w/ Tartar Sauce

Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit

14-May	15-May	16-May	17-May	18-May
Pork Tips & Gravy	Salisbury Steak	Cornflake Chicken	Turkey Tetrazzini	Spaghetti & Meatballs
Red Bean Salad	Baked Potato & Sour Cream	Cheesy Mashed Potatoes	Lima Beans	Italian Blend Veggies
Steamed Broccoli	Stewed Tomatoes	Carrots & Onions	Dinner Roll	Garlic Toast
Dinner Roll	White or Wheat Bread	Peach Cobbler	Fruit Pie	Fruit Shortcake
Ambrosia	Pineapple Upside Down Cake			

21-May	22-May	23-May	24-May	25-May
Baked Crusted Tilapia	BBQ Chicken	Country Ham	Chicken Alfredo over Fettuccini	Meatloaf
Garden Blend Rice	AuGratin Potatoes	Baked Sweet Potato	Italian Blend Veggies	Mashed Potatoes & Gravy
Cheesy Spinach	Buttered Peas	Fried Cabbage	Lettuce Salad	3 Bean Salad
Hush Puppies	White or Wheat Bread	Cornbread	Bread Stick	White or Wheat Bread
Lemon Cream Cake	Frosted Chocolate Cake	Peach Cobbler	Apple Brown Betty	Orange Brownies

28-May	29-May	30-May	31-May	1-Jun
Oven Fried Chicken	Lasagna	Cranberry Glazed Ham Loaf	Roast Turkey	Fish of the Day
Broccoli Rice Casserole	Cauliflower	Lima Beans	Cornbread Stuffing	Black Eye Peas
Beet & Onion Salad	Italian Tossed Salad	Spinach Bake	Candied Carrots	Creamy Cole Slaw
White or Wheat Bread	Garlic Bread Stick	Dinner Roll	Tossed Salad	Hush Puppies
Caramel Pear Pudding	Strawberries & Bananas	Fruit	Pumpkin Mousse	Cinnamon Baked Apples

4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
Creamy Mushroom Chicken	Cranberry Glazed Pork Roast	Bacon Cheeseburger	Roast Turkey & Gravy	Baked Fish w/ Tartar Sauce
Baked Potato & Sour Cream	Scalloped Potatoes	Lettuce, Tomato, Pickle, Onion	Herb Stuffing	Lima Beans
Carrots, Broccoli & Cauliflower	Roasted Brussel Sprouts	Baked Beans	Broccoli	Confetti Cole Slaw
White or Wheat Bread	Cornbread	Citrus Fruit Cup	Dinner Roll	White or Wheat Bread
Peaches w/Whipped Cream	Pear Cobbler		Autumn Fruit Crumble	Fruit