



Neighborhood House

674-1131
October 2018
(Meals are Subject to Change)



Mon

Tue

Wed

Thu

Fri

Meal sites

| | | | | | | |
|--|---|---|--|--|---|--|
| <p>Meal Components</p> <p>1 3 oz serving meat /protein</p> <p>1 1/2 cups vegetable and/or fruit combined</p> <p>2 servings grain</p> <p>8oz serving low fat milk</p> <p>Guests/Private Pay \$5.00</p> <p>Recommended Donation for Title III Home Delivery & Congregate Programs \$3.00</p> <p style="color: #FFD700; text-align: center;">Attend meal sites for food, fun, games & prizes and a time to socialize with your peers!</p> | <p>1 Chicken Cacciatore Stewed tomatoes Broccoli Applesauce Bread, Milk</p> | <p>2 Ham Steak Cauliflower Lima bean Sweet Potato Roll, Milk</p> | <p>3 Turkey Sausage Biscuit Hash Browns Peaches Pears, Milk</p> | <p>4 Creamy Chicken and Gnocchi Peas Carrots Bread, Milk</p> | <p>5 Cheeseburgers Green Beans Roasted Potatoes Pineapple Bun, Milk</p> | <p>For Congregate Reservations</p> <p>Tremont 925-5929</p> |
| | <p>8 White Pork Chili Rice Northern Beans Corn & Peppers Milk</p> | <p>9 Chicken Nuggets Beets Carrots Mashed potatoes Biscuit Milk</p> | <p>10 Scrambled Eggs Fresh Spinach Spiced Apples Hash Browns Bread Milk</p> | <p>11 Beef tacos Lettuce Tex-Mex Beans Mandarin Oranges Tortillas Milk</p> | <p>12 Baked Chicken with Rice Pineapple & coconut Wax Beans Pears Milk</p> | <p>Hopedale 449-6034</p> <p>Washington 694-6077</p> |
| | <p>15 Sweet and Sour Pork Barley Carrots Broccoli Apples Milk</p> | <p>16 Hot dog Baked Beans Coleslaw Peaches Bun Milk</p> | <p>17 Cinnamon maple chicken w/ waffles Brussel Sprouts Apple Sauce Oranges Milk</p> | <p>18 Beef and Veggie Goulash Tomatoes Green Beans Corn Milk</p> | <p>19 Spinach Salad with Chicken & Cheese Pea Salad Mandarin Oranges Breadsticks Milk</p> | <p>Pekin 346-5237</p> |
| | <p>22 Lemon Pepper Chicken w/ Rice Peas Apricots Pineapple Milk</p> | <p>23 Sloppy Joe Tater Tots Cole Slaw Broccoli Florets Bun Milk</p> | <p>24 Omelet Pears Breakfast Potato Hominy Raisin Bread Milk</p> | <p>25 Chicken Patty Mashed Potatoes Apricots Lima Beans Bread Milk</p> | <p>26 Ham -n- Beans Carrots Mixed Fruit Bread Milk</p> | <p>Attend a Peoria City meal site at the locations below—OPEN TO THE PUBLIC! For reservations and additional information, contact CIAA at 674-2071</p> |
| | <p>29 BBQ Chicken Mixed Vegetables Black Beans Spinach Bread Milk</p> | <p>30 Meatball Marinara Mandarin Oranges Green Beans Bun Milk</p> | <p>31 Pasta Salad with Ham/Turkey Cucumbers Peppers Banana Milk</p> | | | <p>St. Sharbel's Sterling Towers S.S. Manor Heartland Apt.</p> |