



# August 2024



Jamieson Community Center - Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1% Milk Served Daily With All Meals!</b>	<b>Potato Bar Option Available</b>		1. Pork Burger On a Bun Baked Beans Carrot Sticks Pears	2. Chicken Fajitas w/ Green & Red Peppers Brown Rice Peas Apricots
5. Cheesy Ham & Hash Brown Bake Normandy Veggies Corn Bread Peaches	6. Maid Rite w/Cheese On a Bun Mashed Potatoes Tossed Salad Orange	7. Lemon Pepper Chicken Chickpea Salad Asparagus Dinner Roll Grapes	8. Roast Beef On a Brioche Bun Green Beans Corn Pineapple	9. Stuffed Green Pepper Casserole w/Rice Wax Beans Apple Sauce
12. Grilled Chicken Sandwich Tossed Salad Scalloped Potatoes Clementine	13. Baked Pork Chop On Wheat Bread Potato Salad Coleslaw Tropical Fruit	14. Beef Stroganoff Peas Carrots Pears	15. Chef's Salad w/ HB Egg & Diced Ham Loaded Potato Soup Garlic Toast Banana	16. Philly Cheese Steak on Sub Roll Rosemary Potatoes Asparagus Mixed Melon
19. Cheeseburger On a Bun Seasoned Potatoes Tossed Salad Peaches	20. French Bread Pizza w/Sausage Corn Salad Pineapple	21. BBQ Rib Patty On a Bun Green Beans Sweet Potatoes Banana	22. Chicken Salad On Wheat Bread Broccoli Slaw Vegetable Soup Grapes	23. Salmon Fillet Baby Baker Potatoes Asparagus Wild Rice Strawberry Parfait
26. Chili Cheese Dog On a Bun Cole Slaw Carrot Sticks Orange	27. Pork Loin Roasted Potatoes Brussel Sprouts Dinner Roll Banana	28. Goulash w/Ground Beef Green Beans Baked Apples	29. Baked Chicken Butternut Squash Broccoli Pasta Salad Pears	30. Taco Salad w/ Ground Beef, Lettuce, Tomatoes, & Corn Chips Peach Cobbler

**\*Cancellations or Potato Bar Options must be made 24 hours in advance.\***



**Stronghurst Site  
Mondays  
at 11:30 AM  
Community Senior  
Citizens of Stronghurst  
(309)-371-4139**

**Oquawka Site  
Tuesdays - Thursdays  
at 11:30 AM  
Henderson Senior  
Center  
(309)-371-4139**

**Aledo Site  
Mondays - Fridays  
at 11:30 AM  
Mercer County Senior  
Center  
(309)-337-1938**

**Monmouth Site  
Mondays-Fridays  
at 11:30 AM  
Strom Center  
(309)-337-0921**

**Alexis Site  
Tuesdays & Thursdays  
at 11:30 AM  
Alexis Community  
Center  
(309)-371-4192**

**Roseville Site  
Fridays  
at 11:00 AM  
Roseville Community  
Center  
(309)-371-4203**

Home-Delivered meals are available for people 60 or older.  
**Assessment Required.**  
Call (309)-734-4251

**Non-Discrimination Policy:**

Jamieson Community Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call 800-252-8966 (Voice and TDD) or contact Programs and Services Manager at Western Illinois Area Agency on Aging at 800-322-1051.

Jamieson Community Center Senior Nutrition is partially funded by: Western Illinois Area Agency on Aging & United Way of Greater Warren County

Office Hours:

Monday-Friday

8:30 AM - 3:30 PM



**Jamieson Community Center** | [www.jamiesoncommunitycenter.org](http://www.jamiesoncommunitycenter.org)

**309-734-4251** | 1025 S. 2<sup>nd</sup> St., PO Box 495, Monmouth, IL 61462