



# April 2024



## Jamieson Community Center - Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
1. Cheese Omelet & Turkey Sausage Seasoned Potatoes Rainbow Veggies Orange Biscuit	2. Meatloaf Mashed Potatoes Brussel Sprouts Corn Bread Fruit Cocktail	3. Sloppy Joe on a Bun Roasted Potatoes Peas Pears	4. Impossible Cheeseburger Pie Broccoli Ranch Potatoes Sliced Apples	5. Pulled Pork Baked Beans Carrots Macaroni Salad Banana
8. Ranch Burger on a Bun Coleslaw California Veggies Pears	9. Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Apricots	10. Breakfast Casserole/Sausage Tomato Juice Tater Puff Grapes	11. Shrimp Scampi w/Angel Hair Pasta Baked Potato Asparagus Pineapple	12. Ham Balls Green Beans Sweet Potatoes Wild Rice Cranberry Sauce
15. Chef's Salad w/ Hard Boiled Egg & Ham Bread Stick Apples Slices	16. Chicken Spaghetti Corn Green Beans Strawberries & Blueberries	17. Lasagna w/Meat Normandy Veggies Lettuce Salad Garlic Bread Mandarin Oranges	18. Turkey & Swiss Sandwich Chickpea Salad Carrot Sticks Fruit Cocktail	19. Beef w/Asian Noodles & Green and Red Peppers Broccoli Pineapple
22. Tacos w/Ground Beef & Lettuce & Tomatoes Green Beans Tropical Fruit	23. Chicken Fajitas Butter Beans Brown Rice Apricots	24. Tuna Melt on French Bread Tater Tots Asparagus Pineapple Lush Cake	25. Swiss Steak Stewed Tomatoes Corn Casserole Dinner Roll Banana	26. Chicken Alfredo Broccoli Cauliflower Peaches
29. Italian Chicken Au Gratin Potatoes California Veggies Dinner Roll Applesauce	30. Pork Burger on A Bun Baked Beans Carrot Sticks Pears		<b>Potato Bar Option Available</b>	<b>1% Milk Served Daily With All Meals!</b>

**Lunch is served at 11:30:**  
Reservations Required.  
**Mondays**  
**Community Senior Citizens of Stronghurst**  
309-371-4139

**Tuesdays - Thursdays**  
**Henderson Senior Center, Oquawka**  
309-371-4139

**Mondays - Fridays**  
**Mercer County Senior Center, Aledo**  
309-337-1938  
**Mondays-Fridays**  
Strom Center, Monmouth  
309-337-0921

**Lunch is served at 11:00:**  
**Fridays**  
**Roseville Community Center**  
309-371-4203

**Home-delivered meals are available for people 60 and older.**

Assessment Required.  
**CALL 309-734-4251**

**Cancellations Must Be Made 24 Hours In Advance.**

**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 Moline Foundation, & United Way of Greater Warren County