



# November 2024

Jamieson Community Center - Senior Nutrition



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>Potato Bar Option Available!</b>  | <b>1% Milk Served Daily With All Meals!</b>  |   |  | 1. Tuna Melt<br>Tater Tots<br>Asparagus<br>Pineapple Lush Cake                           |
| 4. Ham, Egg & Cheese Biscuit<br>Tater Puffs<br>V-8 Juice<br>Apple Slices         | 5. Pork Loin<br>Roasted Potatoes<br>Brussel Sprouts<br>Dinner Roll<br>Strawberries w/Angel Food Cake | 6. Parmesan Chicken<br>Au Gratin Potatoes<br>Garlic Bread<br>Fruit Cocktail         | 7. Taco Salad w/Ground Beef, Lettuce, Tomatoes & Corn Chips<br>Peach Cobbler | 8. Meatball Sandwich<br>Sweet Potatoes<br>Salad w/Cherry Tomatoes<br>Banana              |
| 11. Baked Pork Chop on Wheat Bread<br>Potato Salad<br>Coleslaw<br>Pineapple      | 12. Baked Chicken<br>Tossed Salad<br>Scalloped Potatoes<br>Clementine                                | 13. Kielbasa<br>Corn Chowder w/Corn & Potatoes<br>Garlic Toast<br>Banana            | 14. Beef Stroganoff<br>Peas & Carrots<br>Pears                               | 15. Goulash w/<br>Ground Beef<br>Corn<br>Baked Apples                                    |
| 18. Chicken Salad on Wheat Bread<br>Broccoli Slaw<br>Potato Soup<br>Grapes       | 19. French Bread Pizza w/Sausage<br>Corn<br>Salad<br>Pineapple                                       | 20. Beef Sandy Mash on Wheat Bread<br>Green Beans<br>Apple Slices                   | 21. Cheeseburger on a Bun<br>Seasoned Potatoes<br>Tossed Salad<br>Apricots   | 22. Salmon Fillet<br>Baby Baker Potatoes<br>Asparagus<br>Wild Rice<br>Strawberry Parfait |
| 25. Cheesy Ham & Hash<br>Brown Bake<br>Normandy Veggies<br>Corn Bread<br>Peaches | 26. Stuffed Green Pepper Casserole w/Ground Beef<br>Butter Beans<br>Applesauce                       | 27. Turkey<br>Mashed Potatoes<br>Green Bean Casserole<br>Dinner Roll<br>Pumpkin Pie | <b>CLOSED</b>  | <b>CLOSED</b>  |

**\*Reservations, Cancellations and 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