



September 2023



Jamieson Community Center - Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
Potato Bar Option Available	1% Milk Served Daily With All Meals!			1. Shepherds' Pie Dinner Roll Mixed Fruit
4. Closed	5. Baked Pork Chop Potato Salad Coleslaw Pineapple	6. Beef Stroganoff Peas Carrots Pears	7. Kielbasa Corn Chowder w/ Corn & Potatoes Garlic Toast Apple Sauce	8. Grilled Chicken Sandwich Tossed Salad Scalloped Potatoes Clementine
11. Cavatini w/ Meat Sauce Lettuce Salad Carrots Banana	12. Sweet & Sour Chicken Asian Veggies Spring Egg Roll Rice Tropical Fruit	13. Breakfast Cas- serole w/Sausage & Hash Browns Biscuit Mandarin Orange V-8 Juice	14. Vegetable Beef Soup Spinach Salad Apples & Cranberries	15. Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Pears
18. Ham Steak Green Beans Sweet Potato Nuggets Dinner Roll Apple Salad	19. French Bread Pizza w/ Sausage Corn Salad Pineapple	20. Cheeseburger On Bun Seasoned Potatoes Tossed Salad Apricots	21. Chicken Salad Sandwich Broccoli Slaw Potato Soup Grapes	22. Salmon Fillet Baby Baker Potatoes Asparagus Wild rice Strawberry Parfait
25. Chili w/ Ground Beef & Crackers Garlic Roasted Potatoes Orange Fluff	26. Cheesy Tuna Casserole California Blend Veggies Fruit Cocktail	27. Impossible Cheeseburger Pie Broccoli Ranch Potatoes Sliced Apples	28. Chicken Breast Baked Beans Normandy Veggies Pasta Salad Tropical Fruit	29. Beef Sandy Mash w/ Mashed Potatoes Green Beans Banana

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
Senior Citizens Center, Aledo
309-337-1938

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