



July 2024

Jamieson Community Center - Senior Nutrition



Monday	Tuesday	Wednesday	Thursday	Friday
1. Beef Hot Dog on a Bun Potato Salad Coleslaw Angel Food Cake w/ Blueberries & Strawberries	2. Shrimp Scampi w/Angel Hair Pasta Baked Potato Asparagus Pineapple	3. Meatloaf Mashed Potatoes Brussel Sprouts Corn Bread Peaches	4. CLOSED	5. Ham Steak Chick Pea Salad Sweet Potato Nuggets Dinner Roll Apple Salad
8. Turkey Sausage Patties On a Biscuit Tri-Taters Tomato Juice Grapes	9. Scalloped Potatoes w/Ham Butter Beans Dinner Roll Tropical Fruit	10. Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Apricots	11. Hamburger on a Bun Sweet Potatoes Mixed Veggies Baked Apples	12. Pulled Pork on a Bun Coleslaw Potato Wedges Mandarin Oranges
15. Italian Chopped Salad w/Salami, Chick Peas, Cherry Tomatoes, & Cucumbers Breadstick Applesauce	16. Chicken Spaghetti Corn Green Beans Strawberry Jell-O	17. Beef w/Asian Noodles & Peppers Broccoli Pineapple	18. Hot Turkey & Swiss Sandwich Mashed Potatoes California Veggies Fruit Cocktail	19. Lasagna w/Meat Peas & Carrots Lettuce Salad Garlic Bread Mandarin Oranges
22. Ranch Burger On a Bun Baked Beans Carrots Pears	23. Tacos w/Ground Beef, Lettuce, Cheese & Tomatoes Butter Beans Tropical Fruit	24. Swiss Steak w/ Stewed Tomatoes Corn Casserole Dinner Roll Banana	25. Chicken Alfredo Broccoli Cauliflower Peaches	26. Tuna Melt On French Bread Tater Tots Asparagus Pineapple Lush Cake
29. Italian Chicken Au Gratin Potatoes California Veggies Dinner Roll Applesauce	30. BBQ Rib Patty On a Bun Corn Green Beans SF Jell-O w/Bananas	31. Baked Spaghetti Tossed Salad Breadstick Peaches	1% Milk Served Daily With All Meals!	Potato Bar Option Available



Stronghurst Site
Mondays at 11:30
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

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

Home-Delivered meals are
available for people 60 or older.

Assessment Required.

Call (309)-734-4251

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

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

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

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