



# October 2024

Jamieson Community Center - Senior Nutrition



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1% Milk Served Daily With All Meals!</b>	1. BBQ Rib Patty on a Bun Corn Green Beans Fruit Cocktail	2. Stuffed Green Pepper Casserole w/Ground Beef & Rice Butter Beans Banana	3. Pork Burger on a Bun Baked Beans Carrot Sticks Pears	4. Chicken Fajita w/ Green & Red Peppers Peas Brown Rice Tropical Fruit
7. Beef Hot Dog On a Bun Potato Salad Coleslaw Blueberries & Strawberries	8. Shrimp Scampi w/ Angel Hair Pasta Baked Potato Asparagus Pineapple	9. Meatloaf Mashed Potatoes Brussel Sprouts Corn Bread Peaches	10. Maid Rite on a Bun Tater Puffs Tossed Salad Orange	11. <b>CLOSED</b>
14. Cavatini w/ Meat Sauce Lettuce Salad Butter Beans Banana	15. Sweet & Sour Chicken Asian Veggies Spring Egg Roll Rice Tropical Fruit	16. Breakfast Casserole w/Sausage & Hash browns V-8 Juice Biscuit Mandarin Oranges	17. Vegetable Beef Soup w/Crackers Spinach Salad Apples & Cranberries	18. Turkey & Swiss On Rye Bread Peas & Carrots Cheesy Potatoes Pears
21. Italian Chopped Salad w/Salami & Chick Peas Bread Stick Applesauce	22. Chicken Spaghetti Corn Green Beans Strawberry Jell-O w/ Fruit Cocktail	23. Beef w/ Asian Noodles & Green & Red Peppers Broccoli Pineapple	24. Hot Turkey & Swiss On Wheat Bread Mashed Potatoes California Veggies Mixed Melon	25. Lasagna w/Meat Peas & Carrots Lettuce Salad Garlic Bread Mandarin Oranges
28. Ranch Burger On a Bun Baked Beans Carrots Pears	29. Tacos w/Ground Beef, Cheese, Lettuce & Tomatoes Corn Tropical Fruit	30. Swiss Steak Stewed Tomatoes Spinach Bake Dinner Roll Banana	31. Chicken Alfredo Broccoli Cauliflower Peaches	<b>Potato Bar Option Available</b>

**\*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