



March 2023



Jamieson Community Center - Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
Potato Bar Option Available Daily!	1% Milk Served Daily With All Meals!	1. Sausage Gravy w/ Biscuit Tri Taters V8 Juice Orange	2. Tilapia Fillets Baby Baker Potatoes 3 Bean Salad Dinner Roll Raspberry Trifle	3. Chicken and Noodles Peas Carrots Peaches
6. Baked Pork Chop Potato Salad Cole Slaw Wheat Bread Pineapple	7. Baked Chicken Tossed Salad Scalloped Potatoes Whole Grain Bread Clementine	8. Kielbasa Corn Chowder w/ Potatoes Garlic Toast Apple Sauce	9. Beef Stroganoff Peas Carrots Pears	10. Goulash Corn Baked Apples
13. Vegetable Beef Soup Spinach Salad Crackers Apples and Cranberries	14. Pork Roast Roasted Potatoes Brussel Sprouts Macaroni Salad Banana	15. Breakfast Casserole w/ Sausage, Hash Browns, & Biscuit V8 Juice Mandarin Oranges	16. Chicken Pot Pie Mashed Potatoes Pears	17. Corned Beef And Cabbage Capris Veggies Irish Soda Bread Tropical Fruit
20. Chicken Salad Broccoli Slaw Potato Soup Wheat Bread Grapes	21. French Bread Sausage Pizza Corn Salad Pineapple	22. Beef Sandy Mash Green Beans Wheat Bread Banana	23. Cheeseburger On Bun Seasoned Potatoes Tossed Salad Apricots	24. Salmon Fillet Baby Baker Asparagus Wild Rice Strawberry Parfait
27. Chicken Breast Baked Beans Normandy Veg Pasta Salad Tropical Fruit	28. Cheesy Tuna Casserole California Veggies Fruit Cocktail	29. Chili Garlic Roasted Potatoes Crackers Orange Fluff	30. Impossible Cheeseburger Pie Broccoli Ranch Potatoes Sliced Apples	31. Pulled Pork on Bun Cole Slaw Seasoned Potato Wedges Mandarin Oranges

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

An assessment is required to enroll.

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