



# September 2022

## 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. Chicken Strips Seasoned Potato Wedges California Veggies Garlic Bread Tropical Fruit	2. Shepherd's Pie Mashed Potatoes Green Beans Dinner Roll Mixed Fruit
	6. Baked Pork Chop Potato Salad Wheat Bread Coleslaw Pineapple	7. Beef Stroganoff Peas Carrots Pears	8. Kielbasa Corn Chowder w/ Corn and Potatoes Garlic Toast Apple Sauce	9. Grilled Chicken Sandwich Tossed Salad Scalloped Potatoes Clementine
12. Cavatini w/ Meat Sauce Lettuce Salad Butter Beans Banana	13. Sweet n Sour Chicken Asian Veggies Spring Egg Roll Tropical Fruit	14. Breakfast Casserole w/ Sausage V-8 Juice Hash Browns Biscuit Mandarin Oranges	15. Vegetable Beef Soup Spinach Salad Crackers Apples & Cranberries	16. Turkey & Swiss on Rye Peas and Carrots Cheesy Potatoes Pears Tropical Fruit
19. Ham Steak Green Beans Sweet Potato Nuggets Dinner Roll Apple Salad	20. French Bread Pizza w/ Sausage Corn Salad Pineapple	21. Cheeseburger On Bun Seasoned Potatoes Tossed Salad Apricots	22. Chicken Salad Broccoli Slaw Potato Soup Wheat Bread Grapes	23. Salmon Fillet Baby Baker Asparagus Wild Rice Strawberry Parfait
26. Chili w/ Ground Beef and Beans Garlic Roasted Potatoes Crackers Orange Fluff	27. Cheesy Tuna Casserole California Veg Butter Beans Fruit Cocktail Banana	28. Impossible Cheeseburger Pie Broccoli Ranch Potatoes Sliced Apples	29. Chicken Breast Baked Beans Normandy Veggies Pasta Salad Tropical Fruit	30. Beef Hot Dog On Bun Chick Pea Salad Coleslaw Angel Food Cake w/ fruit

All Congregate Meal Sites are closed until further notice.

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 & Warren County United Way