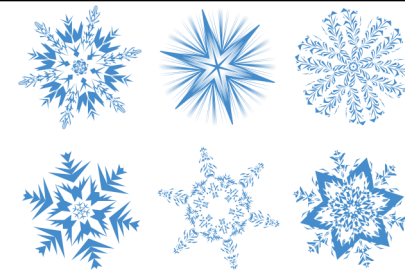


# January 2023



## Jamieson Community Center - Senior Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
2. <b>Closed</b> <b>Happy New Year!</b>	3. Meatloaf Mashed Potatoes Butter Beans Corn Bread Fruit Cocktail	4. Ham Balls Green Beans Cooked Carrots Wild Rice Cranberry Sauce	5. Chicken Fried Steak Mashed Potatoes California Veggies Dinner Roll Orange	6. Sloppy Joe On Bun Roasted Potatoes Peas Pears
9. Cheeseburger On Bun Sweet Potatoes Mixed Veggies Baked Apples	10. Scalloped Potatoes with Ham Butter Beans Roll Angel Food Cake w/ Strawberries	11. Spaghetti w/ Meat Sauce Tossed Salad Garlic Bread Apricots	12. Pancakes Turkey Sausage Patties Tomato Juice Tri Taters Grapes	13. Pulled Pork On Bun Cole Slaw Seasoned Potato Wedges Mandarin Oranges
16. <b>Closed</b>	17. Hot Turkey Sandwich California Veggies Wheat Bread Fruit Cocktail	18. Lasagna w/ Meat Peas and Carrots Lettuce Salad Garlic Bread Mandarin Oranges	19. Chicken Spaghetti w/ Cream Sauce Corn Green Beans Strawberry Jello	20. Beef w/ Asian Noodles Green and Red Peppers Broccoli Pineapple
23. Swiss Steak Stewed Tomatoes Corn Casserole Roll Banana	24. Tuna Melt Flour Tortilla Lettuce/Tomatoes Green Beans Tropical Fruit	25. Vegetable Beef Stew Crackers Applesauce	26. Ranch Burger On Bun Baked Beans Carrots Pears	27. Chicken Alfredo Pasta w/ Cream Sauce Broccoli Cauliflower Peaches
30. Pork Roast Roasted Potatoes Brussel Sprouts Macaroni Salad Banana	31. Chicken and Homemade Noodles Mashed Potatoes Carrots Peaches		<b>Potato Bar Option Available Daily!</b>	<b>1% Milk Served Daily With All Meals!</b>

**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