

OCTOBER 2016

Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatball Stroganoff Noodles Salad Green Beans Brownie	4 Johnny Marzetti Casserole Diced Tomatoes Cauliflower Rotini Noodles Cherry Cobbler	5 Sweet & Sour Chicken Asian Rice Snapped Peas Egg Roll Fortune Cookie	6 Hamburger Coleslaw Kidney Bean Salad Sliced Peaches/ Apples Bun	7 BBQ Chicken Salad Carrots Peach Fluff Wheat Bread
10 CLOSED FOR COLUMBUS DAY	11 Spanish Pork Chops Stewed Tomatoes Mashed Potatoes Apricots Wheat Bread	12 Lasagna w/ Meat Sauce Tossed Salad Green Beans Tiramisu	13 Smoked Sausage w/ Rice Broccoli Corn Banana Pudding	14 Tuna Casserole w/ Peas Normandy Veggies Egg Noodles Pears
17 Beef Sandy Mash Mashed Potatoes Asparagus Tropical Fruit Wheat Bread	18 Spaghetti Bake w/ Meat Sauce California Veggies Salad Applesauce	19 Hawaiian Chicken Broccoli Green Beans Rice Hawaiian Dream Cake	20 Pulled Pork Corn Baked Beans Banana Pudding Bun	21 Baked Chicken w/ Gravy Mashed Potatoes Wax Beans Peaches
24 Grilled Chicken Lettuce & Tomato Peas & Carrots Jello w/Fruit Bun	25 Tater Tot Casserole Green Beans Salad Mandarin Oranges Wheat bread	26 Country Fried Steak Mashed Potatoes Capri Veggies Strawberry Cobbler Dinner Roll	27 Ham & Beans Spinach Salad Cookie Cornbread	28 Pancakes & Sausage Hash Brown V-8 juice Blueberry Turnover
31 Cheeseburger Coleslaw Potato Salad Pineapple Tidbits Bun			1% MILK SERVED AT ALL MEALS	POTATO BAR OPTION AVAILABLE DAILY

Lunch is served at 11:30 at these locations:
Community Senior Citizens of Stronghurst
 (Mondays)
 309-299-5301
Faith Bible Church in Oquawka
 (Tuesday - Friday)
 309-299-5301
Kirkwood Senior Center
 309-768-2146
Roseville Senior Center
 309-426-2277
Strom Center
 309-734-5677

Reservations must be made by 12:30 PM the day BEFORE you want to eat. Please call the site you will attend.

Home-delivered meals are available for seniors meeting eligibility requirements. 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 is partially funded by:
 The Western Illinois Area Agency on Aging
 And
 The Warren County United Way