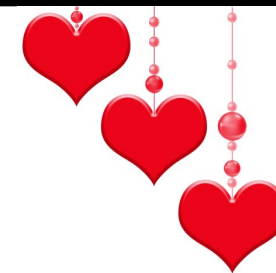
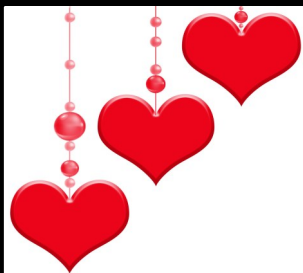


February 2023

Jamieson Community Center - Senior Nutrition



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Italian Chicken Au Gratin Potatoes California Veggies Dinner Roll Applesauce	2. BBQ Rib Patty on Bun Corn Green Beans SF Jello w/ Bananas	3. Pork Burger on Bun Baked Beans Sweet Potato Nuggets Pears
6. Cheesy Ham and Hash Brown Bake Normandy Veggies Corn Bread Peaches	7. Stuffed Green Pepper Casserole Butter Beans Applesauce	8. Roast Beef w/ Cheese on Pretzel Bun Green Beans Potato Triangle Pineapple	9. Maid Rite w/ Cheese on Bun Mashed Potatoes Tossed Salad Orange	10. Lemon Pepper Chicken Chickpea Salad Asparagus Dinner Roll Plums
13. Ham, Egg, and Cheese Biscuit Tater Puffs V8 Juice Apple Slices	14. Pork Loin Roasted Potatoes Brussel Sprouts Dinner Roll Strawberries w/ Angel Food Cake	15. Parmesan Chicken Au Gratin Potatoes Garlic Bread Fruit Cocktail	16. Taco Salad w/ Ground Beef, Lettuce, Tomato Corn Chips Peach Cobbler	17. Meatball Sub w/ Mozzarella Sweet Potatoes Salad Banana
20. CLOSED	21. Chicken Strips Seasoned Potato Wedges California Veggies Garlic Bread Tropical Fruit	22. Cavatini w/ Meat Sauce Lettuce Salad Butter Beans Banana	23. Chili Cheese Dog on Bun Cole Slaw Carrot Sticks Orange	24. Turkey Sandy Mash Green Beans Wheat Bread Pumpkin Bar
27. Philly Cheese Steak Sub Rosemary Potatoes Asparagus Banana	28. Shepherd's Pie Dinner Roll Mixed Fruit		Potato Bar Option Available Daily!	1% Milk Served Daily With All Meals!

**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