

JULY 2019

Celebrate

Putnam County Community Center
 128 First Street, P.O. Box 208
 Standard, IL 61363
 (815) 339-2711 or (800) 757-4579

Bread, butter, fruit juice and 2% milk available with meal. Please call (815) 339-2711 or (800) 757-4579 before noon the day before to make reservations. Meals are subject to change. Meals available to 60 plus at no cost. Suggested donation is \$5.00 - Lunch served 11:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1) Ham, turkey, cheese on sub roll
 Macaroni salad
 Mixed vegetables
 Grapes & melon

2) Cheeseburger -bun
 Cole slaw
 Bean salad
 Pears
 Potato chips
 Dessert

3) Cheese & sausage on small pizza
 Salad w/toppings
 Green beans
 Bread sticks
 Strawberries



5) Baked chicken
 Brown rice
 Mixed vegetables
 Orange slices



7)

8) Chicken patty -bun
 Tator tots
 Zucchini & tomatoes
 Apple & peanut butter

9) Chicken strips
 Mashed potatoes w/gravy
 Green beans
 Watermelon
 Roll w/butter
 Dessert



10) Sweet & sour pork w/oriental vegetables
 Rice
 Peaches & grapes

11) Meatloaf
 Scalloped potatoes
 Mixed vegetables
 Peaches
 Roll w/butter
 Dessert

12) BBQ on bun
 Broccoli
 Tomato & cucumber in VO
 Strawberries
 Chips



13)



15) Bacon, lettuce and tomato w/wrap
 Cracker w/cheese
 Cauliflower w//dip
 Peaches

16) Spaghetti meat sauce
 Salad with toppings
 Muskmelon
 Garlic bread
 Dessert



17) Swedish meatballs
 Brown rice
 Asparagus & broccoli
 Pears

18). BBQ on Bun
 Coleslaw
 Baked beans
 Fruit

19) Egg salad on wheat bread w/lettuce & tomatoes
 Carrots
 Peaches

20)

21)

22) Turkey pot roast
 Whole roasted potatoes
 Steamed peas
 Fruit cocktail
 Wheat bread

23) Baked chicken
 Mashed potatoes w/gravy
 Buttered corn
 Tropical fruit
 Bread w/butter
 Dessert

24) Chili con carne
 Corn on the cob
 Pineapple chunks
 Fruit juice
 Cornbread

25) Baked mostaccioli
 Salad w/toppings
 Blueberries
 Bread w/butter

26 BBQ pork on bun
 Cheesy hash browns
 Peas
 Diced peaches

27)

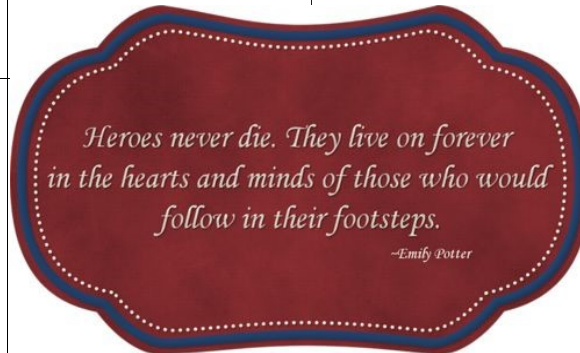


29) Breaded fish squares on bun
 Baked beans
 Cooked carrots
 Orange
 Tarter sauce

30) Chicken salad on bun
 Macaroni salad
 Pea salad
 Watermelon
 Chips & dip
 Dessert



31) Pork chop
 Au gratin potatoes
 Green beans
 Peaches
 Dinner roll w/butter



The Putnam County Achievement Services, Inc. does not discriminate in admission to 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 Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitution. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, call 1-800-252-9866 (Voice and DD) or contact the Program Manager WIAAA at 1-800-322-1051. Putnam County Achievement Services, Inc. is partially funded by Western Illinois Area Agency on Aging.