

*I'm so glad I live  
in a world  
where there are*  
**OCTOBER'S 2019**

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 AM**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) BBQ pulled pork -bun Cole slaw Baked beans Applesauce Chips & dip	2) Breaded veal patty Scalloped potatoes Stewed tomatoes Apple w/peanut butter Wheat bread w/butter	 3) Ham slice Scalloped potatoes Baked beans Roll w/butter Apricots	4) Deli turkey w/ tomato, lettuce on wheat bread Garlic potatoes Split pea soup	5) 
6)	7) Baked pork chops Mashed potatoes Corn Grapes Roll w/butter	8) Chicken tenders Mashed potato w/gravy Buttered corn Roll w/butter Pineapple chunks Dessert	9) Bacon w/lettuce, tomato on wheat bread Potato salad Steamed carrots Citrus fruit	10) Meat w/noodles Tossed salad w/ topping Garlic bread w/butter Strawberries Dessert	11) Meatloaf American fries Brussel sprouts Cinnamon applesauce Wheat bread w/butter	12)
	14) Smoked sausage Fried potatoes Green beans Fruit cocktail Dinner roll w/butter	15) Ham & turkey w lettuce & tomato on bread Macaroni Broccoli Applesauce—Dessert	16) Chili w/beans Corn on the cob Pineapple chunks Corn bread Fruit juice 	17) Meat loaf Scalloped potatoes Mixed vegetables Roll w/butter Banana Dessert	18) Pork roast w/gravy Sweet potatoes Steamed cauliflower Strawberries Wheat bread w/butter	19) 
20)	21) Baked chicken Baked potato w/ butter –sour cream Steamed zucchini Fruit cocktail Wheat bread	22) BBQ on bun Potato salad Fruit cocktail Baked beans Dessert 	23) Egg salad w/lettuce- tomato on wheat bread Carrots Peaches	24) Sausage w/kraut Parsley potatoes Corn Banana Bread w/butter	25) Salisbury steak w/ gravy Mashed potatoes Steamed spinach Fruit w/ yogurt Wheat bread –butter	26) 
	28) Chicken salad sandwich Chips Fruit mix Cookie	29) Chicken w/noodles Peas & carrots Salad w/toppings Pears Roll w/butter Dessert	30) Ham salad w/bun Macaroni salad Green beans Peaches 	31) Cheeseburger w/ lettuce, tomato on bun Fried potatoes Baked beans Fruit juice Jell-O w/fruit 	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.	