












February is
American heart Month

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
2) 	3) Pulled pork on bun Coleslaw Fried potatoes Diced pears	4) Sausage w/sauerkraut Parslied potatoes Mixed vegetables Strawberries Roll w/butter-Dessert	5) Chili w/beans Broccoli florets Corn bread Diced pears	6) Ham slice w/au gratin Potatoes Corn Yogurt w/blueberries Dessert	7) Swedish meatballs w/ egg noodles Peas Applesauce	8) 
9) 	10) Hamburger Chow Mein w/Chinese vegetables & rice Coleslaw Pears	11) Beef & noodles Cooked carrots Orange & apple slices Bread & butter Dessert	12) Sliced turkey w/bacon – lettuce & tomatoes Baked beans Chips Banana 	13) Fried chicken Mashed potatoes w/gravy Green beans Peaches Roll w/butter Dessert	14) Roast beef Mashed potatoes Green beans Roll w/butter Apricots	15) 
16)	17) PCCC closed - President's Day 	18) Meatloaf Scalloped potatoes Mixed vegetables Bread w/butter Fruit cocktail Dessert	19) Baked pork chop Baked potato w/butter-sour cream California blend vegetables Yogurt w/blueberries Wheat dinner roll	20) Cheeseburger on bun Baked beans Cole slaw Tropical fruit Dessert 	21) Fish filet on bun Wild rice Peas & carrots Peaches	22) 
23) 	24) Ravioli in broth w/crackers Chicken salad w/ lettuce on bun 3 bean salad Apricots	25) Beef w/noodles Lettuce salad w/toppings Garlic bread Applesauce Dessert	26) Baked chicken quarters Au gratin potatoes Mixed vegetables Bread w/butter Banana	27) BBQ on bun Macaroni salad Pickled beets Chips Tropical fruit	28) Turkey pot roast Whole roasted potatoes Steamed peas Fruit cocktail Wheat bread w/butter	29) 
						
						<small>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.</small>