



2017

Putnam County Community Center
 PO Box 208 128 First Street
 Standard, IL 61363
 (815) 339-2711 (or) (800) 757-4579
 - (815) 339-6071 (fax)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Month of May:
 National Barbecue Month
 National Blood Pressure
 National Photograph
 National Salad Month
 Older Americans Month

1) Cream of potato soup
 Ham & cheese sub
 Green beans
 Salad w/toppings
 Applesauce

2) Baked spaghetti
 Tossed salad w/toppings
 Garlic bread
 Apple & pineapple juice
 Dessert

3) Baked ham
 Scalloped potatoes
 Green beans
 Orange 


4) Beef taco w/refried beans
 Enchilada bake w/cheese, lettuce & tomatoes
 Mixed fruit 

5) Egg salad sandwich w/ lettuce
 Cooked carrots
 Fried potatoes
 Strawberries



7)

If we're not meant to have midnight snacks, why is there a light in the fridge?

8) Chicken patty on bun
 Tator tots 
 Zucchini/tomatoes
 Diced apricots

9) Goulash
 Tossed salad w/toppings
 Pears
 Roll & butter
 Grapes
 Dessert

10) Fish sandwich
 Baked macaroni & cheese
 Salad w/toppings
 Broccoli
 Banana

11) Chicken tenders
 Mashed potatoes & gravy
 Buttered corn
 Yogurt w/fruit
 Roll & butter

12) Sweet/sour pork w/oriental vegetables
 Brown rice
 Green beans
 Peaches 

13)



15) BLT wrap
 Chips
 Steamed broccoli
 Grapes

16) BBQ Pulled pork
 Cole slaw
 Peas & carrots
 Blueberries
 Chips
 Dessert

17) Swiss steak w/Buttered noodles
 Corn
 Applesauce
 Fruit juice 

18) Baked chicken
 Mashed potatoes & gravy
 Buttered green beans
 Roll & butter
 Banana & Dessert

19) Swedish meatballs
 brown rice
 Salad w/toppings
 Baby carrots
 Fruit cocktail 

20)

21)

22) Hot dog on bun
 Macaroni & cheese
 Cauliflower/broccoli
 Diced peaches

23) Meat loaf
 Scalloped potatoes
 Mixed vegetables
 Roll & butter
 Pears
 Dessert

24) BBQ on bun
 Coleslaw
 Three bean salad
 Grapes
 Dessert


25) Beef & noodles
 Tossed salad w/toppings
 Bread & butter
 Cantaloupe
 Dessert

26) Cheese/sausage pizza
 Breadsticks
 Lettuce salad w/toppings
 Green beans
 Jell-O w/fruit



28)



30) Hamburger w/bun
 Potato salad 
 Chips & dip
 Green beans
 Pineapple bits
 Dessert

31) Chicken salad on bun w/lettuce
 Macaroni salad
 Broccoli Normandy
 Fruit cocktail

Nutritional facts:
 Mustard greens are an excellent anticancer vegetable that may also be beneficial for colds, arthritis and depression. Radishes have antibacterial and antifungal properties
















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<p><i>Month of May: National Barbecue Month National Blood Pressure National Photo-</i></p>	<p>1) Cream of potato soup Ham & cheese sub Green beans Salad w/toppings Applesauce</p>	<p>2) Baked spaghetti Tossed salad w/toppings Garlic bread Apple & pineapple juice</p> 	<p>3) Baked ham Scalloped potatoes Green beans Orange</p> 	<p>4) Beef taco w/refried beans Enchilada bake w/cheese, lettuce & tomatoes Mixed fruit</p> 	<p>5) Egg salad sandwich w/ lettuce Cooked carrots Fried potatoes Strawberries</p>	<p>6) 10 AM- 1 PM-</p> 
<p>7) If we're not meant to have midnight snacks, why is there a light in the fridge?</p>	<p>8) Chicken patty on bun Tator tots Zucchini/tomatoes Diced apricots</p> 	<p>9) Goulash Tossed salad w/toppings Pears Roll & butter Grapes Dessert</p> 	<p>10) Fish sandwich Baked macaroni & cheese Salad w/toppings Broccoli Banana</p>	<p>11) Chicken tenders Mashed potatoes & gravy Buttered corn Yogurt w/fruit Roll & butter</p>	<p>12) Sweet/sour pork w/oriental vegetables Brown rice Green beans Peaches</p>	<p>13)</p> 
<p>14) Happy Mother's Day I Love You Thank You MOM</p> 	<p>15) BLT wrap Chips Steamed broccoli Grapes</p> 	<p>16) BBQ Pulled pork Cole slaw Peas & carrots Blueberries Chips Dessert</p>	<p>17) Swiss steak w/Buttered noodles Corn Applesauce Fruit juice</p> 	<p>18) Baked chicken Mashed potatoes & gravy Buttered green beans Roll & butter Banana & Dessert</p>	<p>19) Swedish meatballs brown rice Salad w/toppings Baby carrots Fruit cocktail</p> 	<p>20)</p>
<p>21) Are you eating something RED?</p> 	<p>22) Hot dog on bun Macaroni & cheese Cauliflower/broccoli Diced peaches</p>	<p>23) Meat loaf Scalloped potatoes Mixed vegetables Roll & butter Pears Dessert</p>	<p>24) BBQ on bun Coleslaw Three bean salad Grapes Dessert</p> 	<p>25) Beef & noodles Tossed salad w/toppings Bread & butter Cantaloupe Dessert</p>	<p>26) Cheese/sausage pizza Breadsticks Lettuce salad w/toppings Green beans Jell-O w/fruit</p>	<p>27) Humor keeps us alive. Humor and food. Don't forget food. You can go a week without laughing.</p> 
<p>28)</p>	<p>29) PCCC Closed- Memorial Day Never Forget Ever Honor</p> 	<p>30) Hamburger w/bun Potato salad Chips & dip Green beans Pineapple bits Dessert</p> 	<p>31) Chicken salad on bun w/lettuce Macaroni salad Broccoli Normandy Fruit cocktail</p>	<p>Nutritional facts: Mustard greens are an excellent anticancer vegetable that may also be beneficial for colds, arthritis and depression. Radishes have</p>	<p>Humor keeps us alive. Humor and food. Don't forget food. You can go a week without laughing.</p> 	<p>Humor keeps us alive. Humor and food. Don't forget food. You can go a week without laughing.</p>