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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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>the Lunch Lady</p>		<p>June is the month of:</p> <p>Candy Month Dairy Month National Fresh Fruit And Vegetables Month Turkey Lovers Month</p>		<p>1) 10 AM- 1 PM. - PCCC</p> 	<p>2) Cheeseburger on bun French fries Three bean salad Cantaloupe</p>	<p>3)</p> 
<p>4)</p> 	<p>5) Beef tacos w/sour cream Shredded cheese Green peppers Tomatoes & lettuce Salsa & chips Pears</p>	<p>6) Chicken tenders Baked potato Mixed vegetables Bread Mixed fruit Dessert</p> 	<p>7) Fish squares Au Gratin potatoes Cucumber-tomato & onion in oil & vinegar Baked apple</p>	<p>8) BBQ on bun Cole slaw Peas/carrots Chips Strawberries Dessert</p>	<p>9) Swedish meatballs Egg noodles Salad w/toppings Baby carrots Fruit cocktail</p>	<p>10)</p> <ul style="list-style-type: none"> Iced Tea Day 
<p>11) * National Corn on the Cob Day</p> 	<p>12) Baked pork chop Fried potatoes Corn Peaches</p> 	<p>13) Ham salad /bun Macaroni salad Fruit Green beans Dessert</p> 	<p>14) Baked chicken Mashed potatoes/ gravy Broccoli Banana</p> 	<p>15) Fried chicken Mashed potatoes & gravy & corn Peaches Rolls & butter</p>	<p>16) Hot dog on bun Macaroni & cheese Green beans Orange & apple slices</p>	<p>17) * Eat your Vegetables Day</p> 
<p>18) * Happy Father's Day!</p> 	<p>19) Smoked sausage Rice California blend vegetables Watermelon</p>	<p>20) Meat loaf Scalloped potatoes Mixed vegetables Bread & butter Grapes Dessert</p>	<p>21) Swiss steak Mashed potatoes & gravy Corn Applesauce</p>	<p>22) Sub sandwich Cottage cheese & Peaches Chips Green beans Dessert</p>	<p>23) Italian beef on club roll Rosemary red potato wedges Macaroni salad Peaches</p>	<p>24)</p> 
<p>25) Nutrition tips: Eat breakfast Strawberries calm stress Apples protect your heart Walnuts lift moods.</p>	<p>26) BLT wrap Chips Steamed broccoli Apricots</p> 	<p>27) Baked spaghetti Salad w/toppings Garlic bread Pineapple juice Dessert</p>	<p>28) Pulled pork sandwich Scalloped potatoes Steamed zucchini Fruit cocktail</p>	<p>29) Creamed chicken on a biscuit Tossed salad w/toppings Cantaloupe Dessert</p> 	<p>30) Taco casserole w/ meat & cheese Mexican corn Banana</p> 	<p>Top 10 Sources of Veggie Protein</p> 