








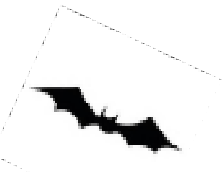





# October 2017

Putnam County Community Center  
 PO Box 208 128 First Street  
 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- *National Home made Cookies Day 	2- Tortellini & broth, Ham salad Sandwich w/ lettuce & tomato on wheat Carrots Orange slices	3- BBQ on bun Coleslaw Tom/Cuke salad Chips & dip Watermelon Dessert	4- Baked chicken Roasted potatoes Green beans Roll Grapes	5- Beef & Noodles Sweet potato Peas & Carrots Roll Peaches Dessert	6- In-kind Banquet (Reservations required) 	7- 
8- 	9- Roast beef sub w/ cheese Potato chips Broccoli Carrot sticks Apricots	10- Chicken strips Mashed potatoes & gravy Corn Rolls Musk melon Dessert 	11- Sausage & pepperoni pizza Salad w/ toppings Applesauce Jell-O 	12- Baked Spaghetti Salad w/ toppings Garlic bread Pears Dessert	13- Swedish meatballs w/ egg Noodles, Green beans & carrots Fruit cocktail	14- 
15- 	16- Smoked Sausage Fried potatoes Peas Apple slices	17- Fried Chicken Mashed potatoes & gravy Green beans Roll Peaches & dessert	18- Fish square on bun Baked potato Tomato/cucumber Salad Grapes	19- Meat Loaf Scalloped potatoes Peas & corn Roll Watermelon Dessert	20- Pork roast Mashed sweet Potatoes Asparagus Fruit cocktail	21- 
22- 	23- Beef & cheese ravioli in red sauce Mixed vegetables Roll Pears & apple slices	24- Baked ham Scalloped potatoes Corn Pineapple Dessert	25- Grilled turkey & cheese sandwich w lettuce & tomato Tomato soup Steak fries Apple slices	26- Chicken Salad on bun Macaroni Salad Three Bean Salad Fruit cocktail Dessert	27- Beef tacos w/ cheese, lettuce, tomato & salsa Corn & black bean salad Applesauce	28- 
29- 	30- Chicken Noodle Soup w/ celery & carrots Grilled cheese Salad w/ toppings Orange slices	31- Grilled Burgers w/ cheese Baked beans Potato Salad Apricots Dessert 	Putnam County Achievement Services Inc. will not engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, order of protection status, genetic information, marital status, disability, sexual orientation including gender identity, unfavorable discharge from the military or status as a protected veteran and will comply with all federal and state nondiscrimination, equal opportunity and Civil Rights laws, orders and regulations. PCAS serves senior citizens 60+ with no regard to residency or duration of citizenship. This nondiscrimination policy applies to PCAS employment as well as programs and activities. PCAS complaint and grievance procedures provide employees and clients with the means for the resolution of complaints that allege a violation of this statement. Clients and members of the public should direct their inquiries or complaints to the appropriate equal opportunity office. This nondiscrimination statement is in compliance with the Illinois Human Rights Act, U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. To file an Aging Discrimination Complaint: If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, for information, call 1-800-252-8966 or contact the Program Manager at Western Illinois Area Agency on Aging at 1-800-322-1051.			