












# February 2018

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
	<p><i>“ Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire; it is the time for home .” Edith Sitwell</i></p>			1) Beef & Noodles Salad w/ toppings Carrots Roll Strawberries	2) Egg salad sand. w/ lettuce Fried potatoes Mixed vegetables Apple crisp	3) 
4) 	5) Beef tacos w/ lettuce & tomato Tortilla chips w/ salsa Pea salad Fruit cocktail	6) Chicken tenders Mashed potatoes w/ gravy Buttered corn Roll & butter Dessert	7) Baked ham Sweet potato casserole Green beans Oranges 	8) BBQ on bun Cole slaw Baked beans Chips & dip Yogurt w/ pears Dessert	9) Tuna noodle casserole Three bean salad Celery stalks Wheat rolls Sliced pears	10) 
11) 	12) Smoked sausage Tater Tots Broccoli & cauliflower mix Pineapple chunks	13) Fried chicken Mashed potatoes w/ gravy Buttered gr. beans Fruit cocktail Roll & Dessert	14) Fish squares Au gratin potatoes Cucumber/onion/ tomato salad Baked apple 	15) Meat loaf Scalloped potatoes Mixed vegetables Grapes Roll & butter Dessert	16) Italian Beef on bun Fried potatoes Cooked carrots Apple	17) 
18)	19) PCCC Closed— 	20) Hamburger w/ bun Baked beans Cole slaw Cantaloupe Dessert	21) Baked mac & cheese BBQ on bun Green beans Jell-O w/ fruit Banana	22) Chicken salad w/tomato on bun Mixed vegetables Macaroni salad Fruit cocktail Dessert	23) Ham salad on wheat bread Pot. soup w/ crackers Broccoli Salad w/ toppings Applesauce	24) 
25) 	26) Lasagna w/ meat sauce Salad w/ toppings Garlic bread Yogurt w/ fruit	27) Vegetable soup Sub sandwich Three bean salad Dessert Oranges	28) Swedish meatballs Egg noodles Carrots Fruit Cocktail Kiwi	<small>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 <a href="http://www.wiaa.org">www.wiaa.org</a></small>		