






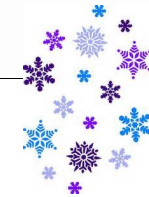







# Happy January 2019

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
 6)	7) Fish patty on bun w/tartar sauce Wild rice Pickled beets Pea salad Orange slices	1) PCCC Closed-  2) Beef w/noodles Salad w/toppings Dinner roll Fruit cocktail Dessert	2) Cheese tortellini w/ chicken broth Ham salad on wheat Bread w/lettuce Carrots Yogurt & banana 	3) Chicken tenders Mashed potatoes Corn & green beans Dinner roll Strawberries Dessert	4) Beef stroganoff w/ rotini noodles Steamed spinach Apples w/fruit dip	5) <b>Q: What do snowmen eat for breakfast?</b>  <b>A: Frosted Flakes</b>
 13)	14) Tortilla wrap w/ Ham, cheese, lettuce and tomato Snap peas Banana	15) Spaghetti w/meat sauce Salad w/toppings Garlic bread Applesauce Dessert	16) Chicken ala king Wild rice Biscuit Carrots & peas Cranberries Cookie 	17) Ham & turkey on sub roll Macaroni salad Baby carrots Peaches Dessert	11) Hamburger on bun Tater tots Baked beans Pears 	12)
<i>A snowflake is winter's butterfly</i>  20)	21) PCCC Closed  I Have A Dream	22) Chicken & noodles Salad w/toppings Wheat bread Peaches Dessert	23) Sweet & sour meatballs w/jasmine rice Oriental vegetables Peanut butter w/crackers Pineapple	24) Mostaccioli w/ meat sauce Salad w/toppings Garlic bread Apricot Dessert	18) Baked pork chop Steak fries Asparagus Orange slices Dinner roll	19)
 27)	28) Breaded chicken steak w/ gravy Wild rice Brussel sprouts Pears Dinner roll	29) Bacon, lettuce, tomato on wheat bread Chicken noodle soup Carrots Celery sticks Peaches Dessert 	30) Ground turkey cabbage rolls Peas & carrots Mixed fruit Dinner roll	31) BBQ on bun Coleslaw Baked beans Chips & dip Pears Dessert	25) Turkey meatloaf Baked potato Glazed carrots Applesauce Biscuit 	26)
						29) 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.