









# MARCH

## NATIONAL NUTRITION MONTH

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	
1) 	2) BLT wrap Steamed broccoli Pears Chips	3) Chicken salad w/bun Macaroni & cheese Green beans Grapes Dessert 	4) Baked ham Au gratin potatoes Green beans Pineapple Dinner roll	5) Ham, turkey sub roll Macaroni salad Baked beans Fruit cocktail Chips Dessert	6) Egg salad w/wheat bread Cooked carrots Fried potatoes Strawberries	7)	
8)	9) Breaded veal Red potatoes Stewed tomatoes Roll w/butter Apple w/peanut butter	10) Mostaccioli Lettuce w/toppings Peaches Bread w/butter Dessert	11) Lemon pepper chicken Tator tots Broccoli  Pineapple chunks Roll w/butter	12) Pulled pork on bun Cole slaw Baked beans Pasta salad Strawberries	13) Fish filet on bun Wild rice Peas & carrots Blueberries 	14)	
15)	16) Beef taco w/ toppings & sour cream Salsa & chips Apple slices 	17) Corned beef w/ cabbage, potatoes & carrots Fruit salad w/Jell-O Bread & butter Dessert 	18) Cream of potato soup Ham & cheese on sub roll Green beans Lettuce w/toppings Apple sauce	19) <b>chicken tenders</b> <b>Mashed potato w/gravy</b> <b>Corn</b> <b>Tropical fruit</b> <b>Bread w/butter</b>	20) <b>Sweet-sour pork</b> <b>Oriental vegetables</b> <b>Brown rice</b> <b>Stewed tomatoes</b> <b>Peaches</b>	21)	
22)	23) Hamburger w/bun Baked beans Potato salad Apple sauce	24) Spaghetti Lettuce w/toppings Garlic bread Banana Dessert	25) Pork chop Fried potatoes Green beans Mixed fruit Wheat bread w/butter	26) Hamburger w/bun Tator tots Green beans Diced pears Dessert	27) Taco casserole (Beef, rice,, corn, & cheese) Tortilla chips & salsa Watermelon	28)	
29) 	30) Smoked sausage Fried potatoes Peas & carrots Fruit cocktail Wheat dinner roll	31) BBQ on bun Potato salad Baked beans Pears Dessert	 <i>May your troubles be less and your blessings be more And nothing but happiness come through your door</i>			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.	