







# JANUARY 2022



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. Lunch served **11:30 AM—** Meals are available for those 60 and older at no cost. No one will be denied a meal because of inability to donate. **Suggested donation is \$8.00**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1) 
2)	3) Baked ham Au gratin potatoes Baked beans Apricots Dinner roll Dessert	4) Italian beef w/cheese on sub roll Ravioli in broth California blend vegetable Apple sauce Dessert	5) Cheeseburger w/tomato & lettuce American fries Carrots Cottage cheese Fruit cocktail	6) Smoked sausage Macaroni & cheese Green beans Grapes Wheat bread Dessert	7) Fish sandwich Fried potatoes Peas Apple slices	8)
9) 	10) Chicken patty Brown rice Carrots Chips & dip Grapes	11) Vegetable lasagna Lettuce, tomato & cucumber salad Garlic bread Apple slices	12) Swedish meatballs Egg noodles Steamed cauliflower Green beans Dinner roll Pears	13) Pork roast w/ Gravy Sweet potatoes Steamed broccoli Apricots Dinner roll Dessert	14) Pulled pork on bun Wild rice Mixed vegetables Yogurt w/ strawberries	15) 
16)	17) PCCC Closed- Martin Luther King holiday 	18) Chicken tenders Mashed potatoes w/gravy Corn Peaches Wheat bread Dessert	19) Turkey on wheat bread w/mayo Diced potatoes Split pea soup Sliced peaches	20) Beef cabbage roll Peas Mixed fruit Wheat roll w/butter Dessert	21) Cheese, sausage & pepperoni pizza Lettuce salad Apple sauce Jello w/fruit	22)
23)   30)	24) Country fried steak w/gravy Baked potato Herb green beans Wheat dinner roll Apple crisp	25) Meatloaf Scalloped potatoes Buttered green beans Apple sauce Wheat biscuit Dessert	26) BLT on wheat bread Navy bean soup Romaine salad Peaches	27) Cream of potato soup Bacon, chicken w/ lettuce & tomato on wrap Mixed vegetables Dessert	28) Tuna salad w/ lettuce & tomato Carrots Macaroni Salad Wheat bread Fruit cocktail	29) <small>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 WAAA at 1-800-322-1051. Putnam County Achievement Services, Inc. is partially funded by Western Illinois Area Agency on Aging.</small>