



HELLO September 2022


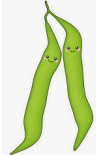





Bread, butter, fruit juice and 2% milk available with meal. Call (815) 339-2711 or (800) 757-4579 before noon the day before to make reservations. Meals are subject to change. Lunch served **11:30 AM**- Meals are available for those 60 and older at no cost. No one will be denied a meal because of inability to donate. **Suggested donation is \$8.00**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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4)	5) PCCC Closed- Labor Day 	6) BBQ on bun Potato salad Carrot sticks Fruit cocktail	7) Tuna salad on wheat bread Cooked carrots Pineapple Wheat bread w/butter	8) Pulled pork on bun White rice Kidney bean salad Peaches w/frozen yogurt	9) Turkey, ham & cheese w/lettuce-tomato on roll Carrots Watermelon Chips & Dip	3) 10) 
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11)	12) Cheese & sausage pizza Lettuce salad w/ toppings Green beans Fruit Bread sticks	13) Raviolis in broth Ham salad on bun Carrots Banana 	14) Pulled pork on bun Wild rice Mixed vegetables Pineapple w/yogurt	15) Meatloaf Scalloped potatoes Green beans Strawberries Dinner roll 	16) Taco on tortilla shell w/ cheese, lettuce, tomato Corn & black beans Applesauce	17)
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18) 	19) Swedish meatballs Green beans Egg noodles Fruit cocktail Dinner roll	20) Chicken tenders Mashed potatoes w/gravy Corn Dinner roll Apples	21) Tuna noodle casserole Three bean salad Applesauce French bread 	22) Beef tips w/noodles Lettuce salad w/ toppings Strawberries Garlic bread	23) Baked pork chop Scalloped potatoes Baked beans Dinner roll	24) 
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25)	26) Smoked sausage Fried potatoes Cooked carrots Pineapple Wheat bread w/butter	27) Italian beef on sub roll Salad w/toppings Applesauce Fruit w/jell-o Chips & Dip	28) Chicken salad w/ lettuce on croissant roll Macaroni salad Stewed tomatoes Pineapple rings	29) PCCC closed for meals and activities 	30) 4-7 pm- Putnam County Community Center Tortellini Dinner Fundraiser 	<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 WIAAA at 1-800-322-1051. Putnam County Achievement Services, Inc. is partially funded by Western Illinois Area Agency on Aging.</small>
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