










# Hello, 2023 September!

\* Meals 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**

**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**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1) Chicken patty on bun Tator tots Stewed tomatoes Peaches 	2)
3)	4) PCCC closed- 	5) Beef taco on tortilla shell w/ cheese, lettuce, tomato Taco sauce & sour cream Spanish rice Grapes	6) Tuna salad on wheat bread Steamed carrots Pineapple 	7) Baked ham Au gratin potatoes California blend Apricots Dinner roll	8) Ham & cheese on rye bread Tomato soup Fried potatoes Apricots	9)
10) 	11) Bacon w/lettuce, tomato on wrap Cream of potato soup Steamed broccoli Grapes	12) Bacon cheeseburger French fries Carrots Blueberries w/yogurt 	13) Fish square on bun w/tarter sauce Baked potato Peas Pears	14) Country fried steak Mashed potatoes Corn Orange slices Wheat dinner roll	15) BBQ pulled pork on bun Cole slaw Cheesy potatoes Pear slices	16)
17)	18) Meatloaf Mashed potatoes w/ gravy Malibu veggies cantaloupe Dinner roll	19) Pork tenderloin on bun Potato salad Baked beans Watermelon Dessert	20) Swiss steak w/ mashed potatoes & gravy Lettuce salad w/topping Strawberries Dinner roll	21) <b>No meal served-</b> Getting ready for Italian Night! 	22) <b>No meal served-</b> Italian Night Tortellini Dinner- 4—7 PM 	23)
24)  31)	25) Chicken patty on bun Fried potatoes Zucchini Tomato soup Banana	26) Baked ravioli Tossed salad w/ tomatoes, cucumbers Garlic bread Mixed fruit 	27) Chicken fettucine Steamed carrots Diced peaches Pineapple slices Italian bread	28) Fried chicken Mashed potatoes Corn Bread stick Applesauce	29) Baked macaroni & cheese Green beans Watermelon Re bread	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