









NOVEMBER 2023



* 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) Ham w/cheese on wheat bread Cream of potato soup w/crackers Orange slices 	2) Grilled ham & cheese Chicken dumpling soup Mixed vegetables Tropical fruit	3) Brats on bun Chicken rice soup Steamed carrots Cole slaw Blueberries	4) 
5)	6) Chicken noodle soup w/crackers Ham salad on Italian bread Carrots & celery Italian bread Tropical fruit	7) Beef tacos w/ tomatoes, lettuce & cheese Spanish rice Pear slices	8) Cheeseburger on bun Tator tots Green beans Apple slices	9) Fried chicken Mashed potatoes w/gravy Corn Dessert Veterans Day Lunch	10) Meatloaf Baked potato Malibu blend veg. Fruit cocktail Dinner roll 	11)
12) 	13) Pork tenderloin w/ bun French fries Vegetable soup Applesauce	14) Chicken tenders Mashed potatoes Corn Blueberries w/yogurt Dinner roll	15) Breaded fish square on bun Baked beans Steamed carrots Orange slices	16) Bacon cheeseburger on bun Baked beans Coleslaw Tator tots Pineapple tidbits	17) Tator tot casserole Mixed vegetables Peaches Dinner roll	18)
19)	20) Chicken rice casserole Mixed vegetables Strawberries w/ jell-o Whole grain roll	21) Turkey w/stuffing & mashed potatoes w/ gravy Green beans casserole Corn casserole Mixed fruit –pumpkin pie	22) Tuna cheese w/ noodles Peas Coleslaw Apricots	23) Thanksgiving - Closed 	24) Thanksgiving holiday-closed	
26) 	27) Deli turkey on wheat bread Garlic diced potatoes Split pea soup Sliced peaches	28) Pulled pork on bun Cheesy potatoes Pork & beans Apple slices	29) Beef w/noodles Lettuce w/toppings Cucumbers Italian bread Plums	30) Taco salad w/refried bean, lettuce, tomato & cheese Tortilla chips Applesauce		<p>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.</p>