


SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Labor Day! No Senior Meals</p> <p>3</p>	<p>Salmon Loaf w/cheese sauce Peas Baked Potato Peaches</p> <p>4</p>	<p>Ham Salad on Bun Tomato Bisque Soup Cole Slaw Plums</p> <p>5</p>	<p>Beef and Noodles Brussel Sprouts Hot Roll Pears</p> <p>6</p>	<p>Orange Chicken Oriental Vegetables Fried Rice Cantaloupe</p> <p>7</p>
<p>Cheeseburger on Bun Lettuce & Tomato Slices Kidney Bean Salad Honey Dew Melon</p> <p>10</p>	<p>Chicken & Wild Rice Casserole Seasoned Green Beans Hot Roll Banana</p> <p>11</p>	<p>Roast Beef Glazed Baby Carrots Mashed Potatoes & Gravy Jell-O w/fruit</p> <p>12</p>	<p>Ham Loaf Steamed Cauliflower Sweet Potato Apple Salad</p> <p>13</p>	<p>Meat Ball Marinara w/ Linguini Noodles 7 Layer Salad Garlic Bread Grapes</p> <p>14</p>
<p>Birthday Bash! Fried Chicken Pasta Salad Cauliflower Salad w/bacon & cheese Assorted Melon</p> <p>17</p>	<p>Sausage Gravy w/biscuit Peas & Carrots 2 Sausage Links Apple</p> <p>18</p>	<p>Roast Turkey Steamed Broccoli Stuffing w/gravy Cranberry Sauce</p> <p>19</p>	<p>Spanish Rice Casserole Lima Beans Garlic Bread Fruit Cocktail</p> <p>20</p>	<p>Tuna Mac Casserole Spinach Corn Bread Halo Orange</p> <p>21</p>
<p>Ham & Bean Soup Coleslaw Cottage Cheese Peaches</p> <p>24</p>	<p>Tenderloin on Bun Four Bean Salad Broccoli Salad Applesauce</p> <p>25</p>	<p>Smothered Pork California Blend Baby Parsley Potatoes Strawberries</p> <p>26</p>	<p>Bratwurst on Bun Sauerkraut German Potato Salad Watermelon</p> <p>27</p>	<p>Honey Mustard Chicken Cutlets Mixed Vegetables Hot Wheat Roll Twice Baked Potatoes Apricots</p> <p>28</p>
<p><i>Please call by 1pm the day before to make your reservation for a meal or to cancel a meal. Thank you!</i></p>		<p>Meals Served-11:30 am Macomb: Monday-Friday Colchester: Mon/Wed/Thurs Industry: Tuesday/Friday Bushnell: Monday-Friday (11:15)</p>	<p>Call 309-837-5733 or 1-844-508-7961. Suggested Donation for meals: Congregate: \$4.50 Home Delivered: \$5.50</p>	

Senior Center meals are a suggested donation of \$4.50/dine-in and \$5.50/home delivered for qualified individuals. Older adults who participate in the program are welcome to make a voluntary contribution towards the cost of the meal. Funding for programs and services at the YMCA Senior Center is provided through Western Illinois Area Agency on Aging (WIAAA).