

SEPTEMBER 2018

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

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).