

If you feel you have been discriminated against, you have a right to file a complaint with Illinois Dept. on Aging. For information call 1-800-252-8956. (Voice & TDD), or contact Southwestern Area Agency on Aging 618-222-2561. Program partial funded under the Older American Act Illinois Dept. on Aging and Southwest Illinois Area Agency on Aging

MILLSTADT TOWNSHIP SENIOR SERVICES
102 SOUTH JEFFERSON STREET
MILLSTADT, IL
8 A.M.-- 3 P.M.

SUGGESTED DONATION \$4.00

CHARLOTTE J MEHRTENS
618 476-3731

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"HAVE YOU HUGGED SOME ONE TODAY"	1 B-B-Q PORK STEAK POTATO CASSEROLE BAKED BEANS WHOLE WHEAT BREAD FRESH FRUIT	2 BEEF TIPS NOODLES GREEN BEANS WHOLE WHEAT BREAD BIRTHDAY CAKE	3 BAKED CHICKEN WHIPPED POTATOES BROCCOLI CASSEROLE DINNER ROLL PEACHES	4 SLOPPY JOES OVEN FRIED POTATOES PEAS HAMBURGER BUN COOKIES	5 CATFISH GERMAN POTATO SALAD STEWED TOMATOES RYE BREAD BREAD PUDDING	6
7	8 COUNTRY FRIED STEAK WHIPPED POTATOES/ GRAVY SWEET/SOUR TOMATOES WHOLE WHEAT BREAD BROWNIES	9 ITALIAN BEEF AUG. POTATOES CORN HAMBURGER BUN CAKE	10 BEEF STEW GREEN BEANS CREAMY COLE SLAW WHOLE WHEAT BREAD FRESH FRUIT	11 STUFFED PEPPERS WHIPPED POTATOES PEAS WHOLE WHEAT BREAD COOKIES	12 CHICKEN TENDERS BAKED POTATO CARROTS WHOLE WHEAT BREAD ICE CREAM CUP	13
14	15 BRATS WHIPPED POTATOES SAUERKRUT WHOLE WHEAT BREAD FRESH FRUIT	16 PORK ROAST/GRAVY WHIPPED POTATOES CREAMED CORN WHOLE WHEAT BREAD FRUIT COCKTAIL	17 SALIBURY STEAK AUG. POTATOES GREEN BEANS WHOLE WHEAT BREAD SLICED PEACHES	18 CHEDDAR MEAT LOAF WHIPPED POTATOES CARROTS DINNER ROLLS PIE	19 COD NUGGETS MAC & CHEESE PEAS SWEET/SOUR COLE SLAW WHOLE WHEAT BREAD CAKE	20
21	22 TURKEY SANDWICH CHEESE MARCONI SALAD HELLO SALAD WHOLE WHEAT BREAD VANILLA PUDDING	23 PORK CHOP/GRAVY SWEET POTATOES PEAS WHOLE WHEAT BREAD BROWNIES	24 CHICKEN DUMPLINGS GREEN BEANS CREAMY COLE SLAW WHOLE WHEAT BREAD CUP CAKE	25 ROAST BEEF / GRAVY WHIPPED POTATOES BROCCOLI CASSEROLE DINNER ROLL COBBLER	26 EGG ROLLS FRIED RICE STIR FRY VEG. WHOLE WHEAT BREAD PINEAPPLE CHUCKS	27
28	29 LASAGNA /MEAT SAUCE GREEN BEANS TOSSED SALAD GARLIC BREAD FRESH FRUIT	30 CHICKEN A LA KING CARROTS SWEET/SOUR COLE SLAW BISCUIT TAPIOCA				

Millstadt Senior Services does not discriminate in admission to programs, activities, or treatment of employment in program or 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 of Employment Act, and the U.S. and Illinois Constitution.