

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Call 309-837-5733 or 1-844-508-7961. Suggested Donation for meals: Congregate: \$4.50 Home Delivered: \$5.50	Meals Served-11:30 am Macomb: Monday-Friday Colchester: Mon/Wed/Thurs Industry: Tuesday/Friday Bushnell: Monday-Friday (11:15)		1 Beef & Noodles California Blend Mashed Potatoes & Gravy Grapes	2 Ham Loaf Corn Sweet Potatoes Pears
5 Chicken & Wild Rice Casserole Cauliflower w/ cheese Wheat Roll Banana	6 Cheeseburger on Bun Cottage Cheese Pasta Salad Assorted Melon	7 Salisbury Steak Mixed Vegetables Twice Baked Potatoes Ambrosia Salad	8 Sausage Gravy w/biscuit Brussel Sprouts 2 Sausage Links Applesauce	9 Potato, Cheese & Bacon Soup 7 Layer Salad w/ Peas Garlic Bread Jell-O w/fruit
12 Orange Chicken Oriental Vegetables Fried Rice Peaches	13 Ham & Bean Soup Broccoli Salad Corn Bread Plums	14 Smothered Pork Peas and Carrots Mashed Potatoes & Gravy Strawberries	15 Fried Chicken Italian Pasta Kidney Bean Salad Fruit Cocktail	16 Bratwurst on Bun Sauerkraut German Potato Salad Gala Apple
Birthday Bash! 19 Honey Mustard Chicken Cutlets Steamed Broccoli Baby Parsley Potatoes Grapes	20 Meatball Marinara w/Linguini noodles Tossed Salad w/dressing Garlic Bread Assorted Melon	21 Baked Turkey Seasoned Green Beans Stuffing w/gravy Cranberry Sauce Pumpkin Pie	22 Happy Thanksgiving! YMCA Closed	HDM Macomb only 23 Chili Bean Soup Cottage Cheese Corn Bread Pineapple Ring
26 Tenderloin on Bun Coleslaw Ranch Pasta Halo Orange	27 Meat Loaf Lima Beans Baked Potato w/sour cream Banana	28 Roast Beef Mashed Potatoes & Gravy Baby Glazed Carrots Apple Salad	29 BBQ Pulled Pork on Bun Bacon, Ranch & Cauliflower Salad 4 Bean Salad Pears	30 Chicken Tortilla Soup Ham Salad on Bun Tossed Salad w/dressing Fruit Cocktail

Senior Center meals are a suggested donation of \$4.50/dine-in and \$5.50/home delivered for qualified individuals (60+). No one will be denied participation in the meal program if they cannot or will not contribute. Each meal comes with 2% milk and a biscuit, roll, toast or bread. Funding for programs and services at the YMCA Senior Center is provided through Western Illinois Area Agency on Aging (WIAAA). Meal cost for those under the age of 60 is \$6.50.