

Project NOW

Community Action Agency

ROCK ISLAND COUNTY SENIOR CENTER

2221 - 11TH STREET

ROCK ISLAND IL 61201

(309) 788-6335 or (800) 788-6308



Senior Farmers' Market Coupons

Farmer's Market Coupons are available for those meeting the following qualifications:

*Must be 60 years of age or older

*Reside in Rock Island County

*Income at or below \$1860 per month for a single person,
\$2504 per month for a couple.

Coupon booklets (\$25 value) are limited to 1 per person.
First day to use coupons is July 10, 2017 at designated stands.

You must bring your photo ID to complete a short application.
Proof of income is not required.

**Coupon booklets will be available on a walk in basis
at the Rock Island County Senior Center
on July 7, 2017 from 9:30 am-3:30pm.**

Or you may call (309)788-6335 to schedule an appointment for a different day.



Farmers Market

Rock
Island
County
(309)
788-6335



Mercer
County
(309)
582-2644






THE ROCK ISLAND COUNTY SENIOR CENTER POLICY STATES THAT ALL PERSONS 60 AND OVER CAN BE SERVED WITH NO REGARD TO DURATION OF RESIDENCY OR CITIZENSHIP. The Rock Island County Senior Center 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 rehabilitation Act; the Age Discrimination Act; The age Discrimination in employment act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, for information, call 1-800-252-8966(Voice and TDD), or contact The Program Manager at WIAAA, 1-800-322-1051. Participants will not be denied service if they cannot or will not contribute to the cost of the meal. Senior Services funding provided by Western Illinois Area Agency on Aging.

MENU

Rock Island County
(309) 788-6335



JULY 2017

MON	TUE	WED	THU	FRI
3. SWEET & SOUR CHICKEN WITH RICE BROCCOLI FLORETS DINNER ROLL FRESH APPLE ORANGE JUICE & MILK	4. HAPPY JULY 4th! AGENCY CLOSED	5. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOC. CHIP COOKIES ORANGE JUICE & MILK	6. BAKED CHICKEN BREAST BAKED POTATO MIXED VEGGIES WHOLE WHEAT BREAD RANGER COOKIES APPLE JUICE & MILK	7. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY APPLE JUICE & MILK
10. LOOSE MEAT SANDWICH HASHBROWN WEDGE COLESLAW APRICOT HALVES APPLE JUICE & MILK	11. ROAST BEEF GARLIC MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD LEMON BAR ORANGE JUICE & MILK	12. TUNA SALAD ON A CROISSANT W/ LETTUCE AND TOMATO PEA SALAD FRESH ORANGE ORANGE JUICE & MILK	13. SMOTHERED PORK CHOP BAKED YAM HALF CALIFORNIA MEDLEY WHOLE WHEAT BREAD BLONDE BROWNIE ORANGE JUICE & MILK	14. CHICKEN MARSALA WITH RICE STEAMED CABBAGE WHOLE WHEAT BREAD FRESH FRUIT APPLE JUICE & MILK
17. MEATLOAF MASHED POTATOES PEAS WHOLE WHEAT BREAD WATERMELON  COOKIES ORANGE JUICE & MILK	18. CHICKEN SALAD ON WHOLE WHEAT BREAD WITH LETTUCE & TOMATO MARINATED TOMATO SALAD PEACHES APPLE JUICE & MILK	19. CHICKEN CHOW MEIN WITH RICE ASIAN BLEND VEGGIES DINNER ROLL ORANGE JUICE & MILK	20. HAMBURGER ON A BUN PARSLEY POTATOES CARROTS FRESH PEAR APPLE JUICE & MILK 	21. AMISH ROAST BEEF MACARONI & CHEESE FRENCH STYLE GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL ORANGE JUICE & MILK
24. TURKEY CLUB ON A CROISSANT KIDNEY BEAN SALAD FRESH GRAPES APPLE JUICE & MILK	25. BEEF & MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE ORANGE JUICE & MILK	26. COUNTRY STYLE RIBS SPINACH POTATO SALAD WHOLE WHEAT BREAD FRESH ORANGE LEMON BARS APPLE JUICE & MILK	27. ROAST BEEF MASHED POTATOES & GRAVY CORN WHOLE WHEAT BREAD ORANGE JUICE & MILK	28. BAKED FISH SANDWICH OVEN BROWNED POTATOES ASPARAGUS W/ LEMON AND ALMOND FRESH PLUM APPLE JUICE & MILK
31. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIES ORANGE JUICE & MILK	AUG. 1 SAUTEED CHICKEN BREAST BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIES APPLE JUICE & MILK	AUG 2. BBQ PORK ON A BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR GRAPE JUICE & MILK 	AUG 3. BEEF & MACARONI CASSEROLE MIXED VEGGIES WHOLE WHEAT BREAD APPLESAUCE APPLE JUICE & MILK	AUG 4. SEASONED CHICKEN MASHED POTATOES SPINACH CANTALOUPE CUBES WHOLE WHEAT BREAD COOKIES ORANGE JUICE & MILK

THERE COULD BE SLIGHT VARIATIONS IN THIS MENU.

Suggested Donations: Congregate Meals \$3.00 & Home Delivered Meals \$4.00

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