

Beecher Center/Meals on  
Wheels  
908 Game Farm Road  
Yorkville, IL. 60560

Days: *Mondays-Fridays*  
Times: *7:00am-1:00pm*  
Phone: *630-553-2316*



**Community Nutrition Network  
& Senior Services Association**



**January 2024**

*Nutrition Director/Louise Maritato*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Closed for New Year's Day</b></p>	<p>2</p> <p>Spaghetti &amp; Meatball Marinara, Mixed Salad Greens, Multi Grain Bread, Warm Peach Cobbler, Milk</p>	<p>3</p> <p>Shaved Pork w/ Mediterranean Sauce, Scalloped Potatoes, Brussel Sprouts, Multi Grain Bread, Applesauce, Milk</p>	<p>4</p> <p>Baked Chicken &amp; Gravy, Mashed Potatoes, Cauliflower &amp; Red Peppers, Wheat Bread, Mandarin Oranges, Milk</p>	<p>5</p> <p>Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetables, Multi Grain Dinner Roll, Chick Pea Salad, Fresh Mellon, Milk\</p>
<p>8</p> <p>Hot Roast Beef, Mashed Potatoes/Gravy, Peas &amp; Carrots Wheat Bread, Fresh Orange,, Milk</p>	<p>9</p> <p>BBQ Riblet, Oven Fries, Black Beans &amp; Corn, Wheat Sandwich Bun, Whole Apple, Milk</p>	<p>10</p> <p>Roast Turkey w/ Cheddar Ale Sauce, Vegetable Rice Pilaf, Broccoli, Biscuit,, Chef's Fruit, Oatmeal Raisin Cookie, Milk</p>	<p>11</p> <p>Western Eggs, Hashed Brown Potatoes, Maple Glazed Pears, Raisin Bread, Cranberry Juice, Banana, Milk</p>	<p>12</p> <p>Chicken Breast Parmesan, Penne Pasta/ Marinara, Squash Medley, Wheat Vienna, Chilled Peaches, Milk</p>
<p>15</p> <p><b>Closed for Martin Luther King Birthday</b></p>	<p>16</p> <p>Chicken Chardonnay, Mashed Potatoes, Broccoli, Wheat Vienna, Chilled Peaches, Milk</p>	<p>17</p> <p>Texas Chili, Mac &amp; Cheese, Country Blend Vegetables, Multi Grain Bread, Fruit Cup, Milk</p>	<p>18</p> <p>Veal Marsala, Scalloped Potatoes, Stewed Tomatoes, Multi Grain Bread, Chilled Pears, Milk</p>	<p>19</p> <p>Baked Pollock w/ Lemon Butter Sauce, Baked Potato, California Blend, Wheat Bread, Vanilla Mandarin Pud- ding, Milk</p>
<p>22</p> <p>Slow Roasted Beef/Gravy, Mashed Potatoes, Brussel Sprouts, Multi Grain Bread, Chilled Pears, Cookie, Milk</p>	<p>23</p> <p>Turkey Pot Roast/Gravy, Baked Potato, Peas &amp; Carrots, Multi Grain Bread, Chef's Fruit, Milk</p>	<p>24</p> <p>Spaghetti Meatball Marinara, Broccoli, Wheat Vienna, Chilled Peaches, Milk</p>	<p>25</p> <p>Chicken Tenders in Country Chicken Gravy, Bread Stuffing, Sweet Potato Mashed, Northern Bean &amp; Tomato Medley, Cran Applesauce, Milk</p>	<p>26</p> <p>Surimi Crab Alfredo, Penne pasta, Zucchini w/ Red Peppers &amp; Onion, Chef's Choice Vegetable, Multi-Grain Dinner Roll, Milk</p>
<p>29</p> <p>Baked Meatloaf w/ Country Gravy, Cauliflower Mashed Potatoes, Mixed Vegetables, Whole Wheat Roll, Pineapple Tidbits, Milk</p>	<p>30</p> <p>BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk</p>	<p>31</p> <p>Maple Mustard Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Wheat Bread, Fruit Jell O, Milk</p>	<p><i>Remove meal from the freezer or refrigerator Punch a few holes in the clear cover with a fork. Leave the cover on the food. Set micro- wave to defrost for 2-4 minutes, then full power for 3-5 minutes. If it has been refrigerated, it will not take as lon</i></p>	<p><b>For your safety, if you can- not finish your meal, or your not ready to eat your meal at delivery time. Refrigerate Immediate Suggested Donation \$3.75</b></p>

Menu subject to change due to availability of items. Funding in part is provided by Age Guide Area on Aging