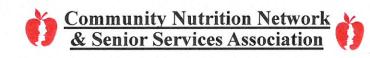
Beecher Center/Meals on Wheels 908 Game Farm Road

Yorkville, IL. 60560

Days: Mondays-Fridays Times: 7:00am-1:00pm

Phone: 630-553-2316



January 2024

Nutrition Director/Louise Maritato

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