

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**



March 2024

Nutrition Director/Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot finish your meal, or you're not ready to eat your meal at delivery time, refrigerate immediately Suggested Donation \$3.75</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 microwave to defrost for 2-4 minutes, then full power for 3-5 minutes. If it has been refrigerated, it will not take as long</i></p>			<p>1 Baked Pollock w/Lemon Butter Sauce, Baked Potato, California Blend, Wheat Bread, Vanilla Mandarin Pudding, Milk</p>
<p>4 Slow Roasted Beef/Gravy, Mashed Potatoes, Brussel Sprouts, Multi Grain Bread, Chilled Pears, Cookie, Milk</p>	<p>5 Turkey Pot Roast/Gravy, Baked Potato, Peas & Carrots, Multi Grain Bread, Chef's Fruit, Milk</p>	<p>6 Spaghetti & Meatballs Marinara, Broccoli, Wheat Vienna, Chilled Peaches, Milk</p>	<p>7 Chicken Tenders in Country Chicken Gravy, Bread Pudding, Sweet Potato Mashed, Northern Bean & Tomato Medley, Cran Applesauce, Milk</p>	<p>8 Surimi Crab Alfredo, Penne Pasta, Zucchini w/ Red Peppers & Onions, Chef's Choice Vegetable, Multi Grain Dinner Roll, Fruit Cup, Milk</p>
<p>11 Baked Meatloaf w/ Country Gravy, Cauliflower Mashed Potatoes, Mixed Vegetables, Whole Wheat Roll, Pineapple Tid Bits, Milk</p>	<p>12 BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk</p>	<p>13 Chicken Maple Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Wheat Bread, Fruit Jell-O , Milk</p>	<p>14 Irish Stew w/ Peas, Onions & Celery, Whole Irish Potatoes, Steamed Cabbage, Dinner Roll, Leprechaun Pistachio Pudding, Milk</p>	<p>15 Cheese Omelet Hash Browned Potatoes Whole Wheat Biscuit Apple Juice, Fruit Yogurt, Fresh Orange, Milk</p>
<p>18 Roast Pork & Gravy, Au Gratin Potatoes, Peas & Carrots, Wheat Bread, Whole, Apple, Milk</p>	<p>19 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Whole Wheat Roll, Warm Pear and Cranberry Crumble, Milk</p>	<p>20 Salisbury Steak/Gravy, Mashed Potatoes, Corn, Multi Grain Dinner Roll, Pineapple Tidbits, Milk</p>	<p>21 Hot Dog, Oven Fries, Bean Casserole, Wheat Hot Dog Bun, Banana , Milk</p>	<p>22 Classic Lasagna w/ Marinara, Broccoli, Chef's Choice Vegetable, Wheat Bread, Oatmeal Raisin Cookie, Milk</p>
<p>25 Roast Turkey & Gravy, Baked Sweet Potatoes, Mixed Vegetables, Bread Stuffing, Chef's Fruit, Milk</p>	<p>26 Spaghetti & Meatball Marinara, Mixed Salad Greens, Multi Grain Bread, Warm Peach Cobbler, Milk</p>	<p>27 Shaved Pork w/ Mediterranean Sauce, Scalloped Potatoes, Brussel Sprouts, Multi Grain Bread, Apple Sauce, Milk</p>	<p>28 Baked Chicken & Gravy, Mashed Potatoes, Cauliflower & Red Peppers, Wheat Bread, Mandarin Oranges, Milk</p>	<p>29 Closed for Good Friday</p>

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