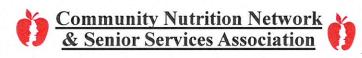
Beecher Center/Meals on Wheels

908 Game Farm Road Yorkville, IL. 60560 Days: Mondays-Fridays Times: 7:00am-1:00pm

Phone: 630-553-2316



November 2024

Nutrition Director/Louise Maritato

Tuesday	Wednesday	Thursday	Friday
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			Surmi Crab Alfredo, Penne Pasta, Zucchini w/ Red Peppers & Onions, Chef's Choice Vegetable, Multi Grain Dinner Roll, Fruit Cup, Milk
5 BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk	6 Miso Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Multi Grain Bread, Fruit Jell O, Milk	Closed for Volunteer Appreciation Day	8 Swedish Meatballs/Gravy, Mashed Potatoes. Broccoli, Multi Grain Bread, Fresh Melon, Milk
12 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Multi Grain Bread, Warm Pear Cobbler, Milk	13 Salisbury Steak/Gravy, Mashed Potatoes, Corn, Multi Grain Dinner Roll, Pineapple Tidbits, Milk	Hot Dog, Oven Fries, Bean Casserole, Wheat Hot Dog Bun, Banana, Milk	15 Classic Lasagna w/ Meat Sauce, Broccoli, Chef's Choice Vegetable, Wheat Bread, Oatmeal Raisin Cookie, Milk
19 Spaghetti & Meatballs Marinara, Mixed Salad Greens, Wheat Vienna, Chilled Peaches, Milk	20 Hamburger, German Potato Salad, Green Beans, Wheat Sandwich Bun, Fresh Prange, Milk	21 Chicken Vesuvio, Mashed Potatoes, Cauliflower & Red Peppers, Wheat Bread, Mandarin Oranges, Milk	22 Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetables, Multi Grain Dinner Roll, Chick Pea Salad, Fresh Mellon, Milk
26 BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun, Whole Apple, Milk	Hot Roast Beef, Mashed Potatoes/ Gravy, Peas & Carrots, Wheat Bread, Fresh Orange, Milk	28 Closed for Thanksgiving	²⁹ Closed for Thanksgiving
	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 5 BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk 12 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Multi Grain Bread, Warm Pear Cobbler, Milk 19 Spaghetti & Meatballs Marinara, Mixed Salad Greens, Wheat Vienna, Chilled Peaches, Milk 26 BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun,	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 5 BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk 12 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Multi Grain Bread, Warm Pear Cobbler, Milk 19 Spaghetti & Meatballs Marinara, Mixed Salad Greens, Wheat Vienna, Chilled Peaches, Milk 26 BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun, Fresh Prange, Milk 27 Hot Roast Beef, Mashed Potatoes/ Gravy, Peas & Carrots, Wheat Bread, Frach Portance, Milk Remove with a fork. Leave the clear of the cover of the minutes, then full provided the fill	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 Second