

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**



October 2024

Nutrition Director/Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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 lon</i></p>	<p>1</p> <p>Closed for Meeting</p>	<p>2</p> <p>Salisbury Steak w/ Gravy, Mashed Potatoes, Corn, Multi-Grain Dinner Roll, Pineapple Tidbits, Milk</p>	<p>3</p> <p>Hot Dog, Oven Fries, Bean Casserole, Wheat Hot Dog Bun, Banana, Milk</p>	<p>4</p> <p>Classic Lasagna w/ Meat Sauce, Broccoli, Chef's Choice Vegetable, Wheat Bread, Oatmeal Raisin Cookie, Milk</p>
<p>7</p> <p>Roast Turkey & Gravy, Baked Sweet Potatoes, Mixed Vegetables, Bread Stuffing, Chef's Fruit, Milk</p>	<p>8</p> <p>Spaghetti & Meatball Marinara, Mixed Salad Greens, Multi Grain Bread, Warm Peach Cobbler, Milk</p>	<p>9</p> <p>Hamburger, German Potato Salad, Green Beans, Wheat Sandwich Bun, Apple Sauce, Milk</p>	<p>10</p> <p>Chicken Vesuvio, Mashed Potatoes, Cauliflower & Red Pepper, Wheat Bread, Mandarin Oranges, Milk</p>	<p>11</p> <p>Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetables, Multi Grain Dinner Roll, Chick Pea Salad, Fresh Mellon, Milk</p>
<p>14</p> <p>Closed for Indigenous Peoples Day</p>	<p>15</p> <p>BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun, Whole Apple, Milk</p>	<p>16</p> <p>Roast Turkey w/ Cheddar Ale Sauce, Vegetable Rice Pilaf, Broccoli, Biscuit, Chef's Fruit, Oatmeal Raisin Cookie,</p>	<p>17</p> <p>Western Eggs Hash Brown Potatoes, Maple Glazed Pears, Raisin Bread, Cranberry Juice, Banana, Milk</p>	<p>18</p> <p>Chicken Breast Parmesan, Penne Pasta / Marinara, Squash Medley, Wheat Vienna, Chilled Peaches, Milk</p>
<p>21</p> <p>Bavarian Bratwurst, Diced Parslied Potatoes, Carrots, Rye Bread, Fresh Melon, Milk</p>	<p>22</p> <p>Chicken Chardonnay, Mashed Potatoes, Broccoli, Multi Grain Bread, F resh Orange, Chocolate Pudding, Milk</p>	<p>23</p> <p>Texas Chili, Mac & Cheese, Country Blend Vegetable, Multi Grain Bread, Fruit Cup, Milk</p>	<p>24</p> <p>Veal Marsala, Scalloped Potatoes, Stewed Tomatoes, Multi Grain Bread, Chilled Pears, Milk</p>	<p>25</p> <p>Baked Polluck Picatta, Baked Potato, California Blend, Wheat Bread, Lemon Mandarin Pudding, Milk</p>
<p>28</p> <p>Slow Roasted Beef/Gravy, Mashed Potatoes, Brussel Sprouts, Multi Grain Bread, Chilled Pears, Cookie, Milk</p>	<p>29</p> <p>Turkey Pot Roast/Gravy, Baked Potato, Peas & Carrots, Multi Grain Bread, Chef's Fruit, Milk</p>	<p>30</p> <p>Spaghetti & Meatball Marinara, Broccoli, Wheat Vienna, Chilled Peaches, Milk</p>	<p>31</p> <p>Chicken Tenders in Country Chicken Gravy, Bread Stuffing, Sweet Potato Mashed, Northern Bean & Tomato Medley, Apple, Milk</p>	<p>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</p>

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