

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 2025

Nutrition Director/Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
<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>For your safety,if you cannot finish your meal, or your not ready to eat your meal at delivery time. Refrigerate Immediate Suggested Donation \$5.00</p>	<p>1 Closed for New Years Day</p>	<p>2 Chicken Vesuvio, Mashed Potatoes, Cauliflower & Red Peppers, Wheat Bread, Mandarin Oranges, Milk</p>	<p>3 Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetable, Multi-Grain Dinner Roll, Chickpea Salad, Fresh Melon, Milk</p>
<p>6 Hot Roast Beef, Mashed Potatoes/Gravy, Peas & Carrots, Wheat Bread, Fresh Orange, Milk</p>	<p>7 BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun, Whole Apple, Milk</p>	<p>8 Roast Turkey w/ Cheddar Ale Sauce, Vegetable Rice Pilaf, Broccoli, Biscuit, Chefs Fruit, Oatmeal Raisin Cookie, Milk</p>	<p>9 Western Eggs, Hashed Brown Potatoes, Maple Glazed Pears, Raisin Bread, Cranberry Juice, Banana, Milk</p>	<p>10 Chicken Breast Parmesan, Penne Pasta/Marinara, Squash Medley, Wheat Vienna, Chilled Peached, Milk</p>
<p>13 Bavarian Bratwurst, Diced Parsley Potatoes, Carrots, Rye Bread, Fresh Melon, Milk</p>	<p>14 Chicken Chardonnay, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Orange, Chocolate Pudding, Milk</p>	<p>15 Texas Chili, Mac & Cheese, Country Blend Vegetables, Multi Grain Bread, Fruit Cup, Milk</p>	<p>16 Veal Marsala, Scalloped Potatoes, Stewed Tomatoes, Multi Grain Bread, Chilled Pears, Milk</p>	<p>17 Baked Pollock Piccata, Baked Potato, California Blend, Wheat Bread, Lemon Mandarin Pudding, Milk</p>
<p>20 Closed for Martin Luther Kings Birthday</p>	<p>21 Turkey Pot Roast/Gravy, Baked Potato, Peas & Carrots, Multi Grain Bread, Chef's Fruit, Milk</p>	<p>22 Spaghetti & Meatball Marinara, Broccoli, Wheat Vienna, Chilled Peaches, Milk</p>	<p>23 Chicken Tenders in Chicken Country Gravy, Bread Stuffing, Sweet Potatoes Mashed, Northern Bean & Tomato Medley, Apple, Milk</p>	<p>24 Surimi Crab Alfredo, Penne Pasta, Zucchini w/ Red Peppers & Onions, Chefs Choice Veg- etable, Multi Grain Dinner Roll, Fruit Cup, Milk</p>
<p>27 Baked Meatloaf w/ Country Gravy, Cauliflower Mashed Potatoes, Mixed Vegetables, Whole Wheat Roll, Pineapple Tidbits, Milk</p>	<p>28 BBQ Pulled Pork, Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk</p>	<p>29 Miso Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Wheat Bread, Fruit Jell O, Milk</p>	<p>30 Cheese Omelet Hashed Brown Potatoes, Whole Wheat Biscuit, Apple Juice, Fruit Yogurt, Fresh Orange, Milk</p>	<p>31 Swedish Meatballs/Gravy, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Melon, Milk</p>

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