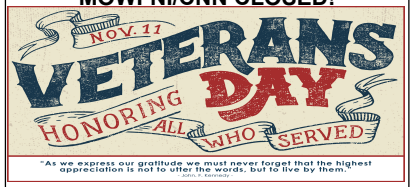
Site: Arlington Heights
Address: 1801 Central Rd
City, State Zip: Arlington Heights,IL 60005
Phone: 847-797-5352

November 2026

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Cafe Manager: Caitlin Wilson
Cafe Days: Monday - Friday
Times: **Office** 10AM-1PM **Lunch** 12Noon-1PM
Suggested Donation: $4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Old Fashion Beef Vegetable Soup Corn Green Beans Multi-Grain Bread Chilled Pears Cookie	**3** Turkey Pot Roast Baked Potato Peas & Carrots Multi-Grain Cranberry Roll Fruit Banana	**4** Spaghetti & Meatballs Marinara Broccoli Wheat Vienna Bread Chilled Peaches	**5** Chicken Tenders in Country Chicken Gravy Bread Stuffing Sweet Potato Mashed White Bean & Tomato Medley Apple Pea Salad	**6** Surimi Crab Alfredo Penne Pasta Zucchini w Red Peppers Vegetables Wheat Roll Fruit Cup
9 Baked Meatloaf Cauliflower Mashed Potatoes Mixed Vegetables Multi-Grain Bread Pineapple Tidbits	**10** Potato Leek & Sausage Chowder Peas & Carrots Mixed Salad Greens Corn Bread Warm Apple Cobbler Fruit	**11** **MOWFNI/CNN CLOSED!** 	**12** Cheese Omelette Hashbrown Potatoes Whole Wheat Biscuit Apple Juice Strawberry Yogurt Fresh Orange	**13** Swedish Meatballs Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon
16 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Multi-Grain Bread Whole Apple	**17** Chicken & Kale Soup Baked Sweet Potato Italian Green Beans Cranberry Roll Chilled Peaches Pea Salad	**18** Salisbury Steak Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits	**19** All Beef Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	**20** Classic Lasagna w/ Meat Sauce Broccoli Chefs Choice Vegetable Multi Grain Bread Chocolate Pudding
23 Roast Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Pie	**24** Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	**25** Hamburger German Potato Salad Green Beans Whole Wheat Hamburger Bun Applesauce	**26** 	**27**
30 Cheddar Broccoli Chicken Rice Casserole Cauliflower Multi-Grain Bread Warm Pear and Cranberry Crumble				

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

Funding is provided in whole or in part by AgeOptions, AgeGuide Northeastern Illinois, and the Illinois Department on Aging through the Older Americans Act. Meals on Wheels for Northern Illinois does not discriminate based on race, color, national origin, age, disability, sex, gender identity, sexual orientation, religion, or any protected status. Reasonable accommodations and language assistance are available upon request.

For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, **REFRIGERATE IT RIGHT AWAY!** Do not leave it sitting out.

Each meal is served with milk.