Site: South Chicago Heights
3140 Enterprise Park Ave
South Chicago Heights IL 60411
Phone: (708) 843-6229

NOVEMBER 2026 MENU

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

CAFE MENU
Bingo Hours: 10:30am-11:30am

Cafe Manager: Elizabeth Morales
Monday thru Friday/Times: 8am- 2pm
BINGO: Mondays,Wednesday,& Friday
Suggested Donation: $3.50

Monday	Tuesday	Wednesday	Thursday	Friday
2 Old fashioned beef vegetable soup,sweet corn Green beans Multi grain bread Chilled pears Cookie	Election Day 3 Turkey pot roast Baked potato Peas & carrots Multi-grain cran roll fruit salad Banana 	4 Spagetti & meatballs Broccoli Whole wheat vienna bread Chilled peaches Parmesan cheese	5 Chicken tenders in country gravy, sage breaded stuffing Sweet potato smashed Northern white beans & tomat medley, pea salad,& apple	Deli Day 6 Chicken enchilada deli Creamy mexican corn soup Tossed garden salad Cottage cheese Strawberry yogurt
9 Baked meatloaf Cauliflower mashed potaotes Mixed vegetables Pineapple tidbits Multi-grain bread	10 Potato leek & sausage chowde Mixed salad greens Dressing italian Corn bread Warm apple cobbler Chef's choice fruit	VETERAN'S DAY 11 CLOSED 	12 Cheese Omelet Diced hashbrowns Whole wheat biscuit Apple juice Strawberry yogurt Whole orange	13 Swedish meatballs Mashed potatoes Broccoli Multi-grain bread Fresh melon
CLOSED 16 South Chicago Hts Senior Thanksgiving Luncheon NO DELIVERIES	17 Chicken & Kale soup Baked sweet potatoes Italian green bean s Pea salad Chilled pears	18 Salisbury steak Mashed potaotes Sweet corn Whole wheat roll Pineapple tidbits	19 Beef hotdog Oven fries Baked bean cassrole Fresh melon Banana	Thanksgiving Luncheon 20 Fried Chicken Berkot's Mashed potatoes gravy Green bean casserole French Bread Dessert
Holiday Meal 23 Roasted turkey & gravy Baked sweet potato Green bean casserole Stuffing Pumpkin pie	24 Spagetti & meatballs Tri-bean salad Parmesan cheese Warm peach cobbler Fruit cup	25 Hamburger German potaot salad Green beans Applesauce Ketchup/mustard packet	THANKSGIVING DAY 26 CLOSED 	27 CLOSED
30 Cheddar broccoli chicken rice casserole Cauliflower Multi grain bread Warm pear & cranberry crumble				

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

Funding is provided in whole or in part by AgeOptions 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.