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

Homebound

Cafe Manager: Elizabeth Morales
Monday thru Friday
Times: 8am- 2pm
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	**6** Surimi crab alfredo w/ penne pasta, Zucchini w/red peppers Chef's choice vegetable Whole wheat roll Fruit cup
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	**20** Classic lasagna w/meatsauce Broccoli Chef's choice salad Multi-grain bread Chocolate pudding
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.