Frankfort Community Café
11000 W Lincoln Hwy
Frankfort, Illinois 60443
815-351-8995

November 2026

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

Cafe Manager: Patricia Backus
Café Days: M-F
Café Hours: 11:00 am-1:00 pm
Suggested Donation $5.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Old Fashioned Beef Vegetable Soup Mulit-Grain Bread Chilled Pears Cookie	**3** Turkey Pot Roast Baked Potato Peas and Carrots Multi-Grain Cranberry Roll Chef Choice Fruit	**4** Spaghetti & Meatballs Broccoli Whole Wheat Vienna Bread Chilled Peaches	**5** Chicken Tenders Sage Bread Stuffing Sweet Potato Mashed Northern White Beans & Tomato Whole Apple	**6** Surimi Crab Alfredo Penne Pasta Zucchini with Red Peppers & Onions Chef Choice Vegetable Fruit Cup
9 Baked Meatloaf Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Pineapple Tid Bits	**10** Potato Leek & Sausage Chowder Peas and Carrots Mixed Salad Greens Corn Bread Warm Apple Cobbler	**11** Veteran's Day Closed No Deliveries	**12** Eggs, Cheese Omele Diced Hashbrown Potatoes Whole Wheat Biscuit Strawberry Yogurt Whole Orange	**13** Swedish Meatballs Mashed Potatoes Broccoli Mulit-Grain Bread Fresh Melon
16 Roast Pork & Gravy Au Gratin Potatoes Peas and Carrots Mulit-Grain Bread Whole Apple	**17** Chicken and Kale Soup Baked Sweet Potatoes Italian Green Beans Multi-Grain Cranberry Roll Chilled Peaches	**18** Salisbury Steak & Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Tid Bits BINGO & DOOR PRIZES!	**19** Beef Hot Dog Oven Fries Baked Bean Casserole Whole Wheat Hot Dog Bun Banana	**20** Classic Lasagna Broccoli Chef Choice Vegetable Mulit-Grain Bread Chocolate Pudding
23 Holiday Roasted Turkey Baked Sweet Potatoes Green Bean Casserole Sage Bread Stuffing Pie	**24** Spaghetti & Meatballs Mulit-Grain Bread Tri Bean Salad Warm Peach Cobble	**25** Hamburger German Potato Salad Green Beans Whole Wheat Hamburger Bun Applesauce	**26** HAPPY THANKSGIVING NO DELIVERIES	**27** CLOSED NO DELIVERIES
30 Cheddar Broccoli Chicken Rice Casserole Cauliflower Warm Pear and Cranberry Crumble				

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AgeGuide NORTHEASTERN ILLINOIS

Funding is provided in whole or in part by 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.