Frankfort Home-Delivered Meals
11000 W Lincoln Hwy
Frankfort, Illinois 60443
815-351-8995

# November 2026

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

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

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