Site: Phoenix Community Café
Address: 650 E Phoenix Center Dr
City, State Zip: Phoenix IL 60426
Phone: 708-331-2408

NOVEMBER 2026 HDM MENU

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

Cafe Manager: Stephanie Gasca
Cafe Days: Monday thru Friday
Times: 9am-12pm
Suggested Donation: $3.75

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Vegetable Soup Sweer Corn Green Beans Multi-Grain Bread Chilled Pears Cookie	**3** Turkey Pot Roast Baked Potato Peas and Carrots Multi-Grain Cranberry Roll Banana	**4** Spaghetti and Meatballs w/Marinara Sauce Broccoli Whole Wheat Vienna Bread Chilled Peaches	**5** Chicken Tenders in Gravy Sage Bread Stuffing Mashed Sweet Potatoes Bean and Tomato Medley Whole Apple Pea Salad	**6** Surimi Crab Alfredo Zucchini w/Red Peppers and Onions Vegetables Whole Wheat Roll Fruit Cup
9 Baked Meatloaf w/Gravy Cauliflower Mashed Potatoes Mixed Vegetables Multi-Grain Bread Pineapple Tidbits	**10** Potato and Leek Chowder Peas and Carrots Mixed Salad Greens Corn Bread Warm Apple Cobbler	**11** CLOSED FOR VETERENS DAY!	**12** Cheese Omelet Diced Hashbrown Potatoes Apple Juice Strawberry Yogurt Whole Orange	**13** Swedish Meatballs Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon
16 Roast Pork and Gravy Au Gratin Potatoes Peas and Carrots Multi-Grain Bread Pineapple Tidbits	**17** Chicken and Kale Soup Baked Sweet Potatoes Italian Green Beans Multi-Grain Cranberry Roll Chilled Peaches Pea Salad	**18** Salisbury Steak and Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Tidbits	**19** All Beef Hot Dog Oven Fries Baked Bean Casserole Whole Wheat Bun Banana Fresh Melon	**20** Classic Lasagna w/Meat Sauce Broccoli Vegetables Multi-Grain Bread Chocolate Pudding
23 Holiday Roasted Turkey w/Gravy Baked Sweet Potatoes Green Bean Casserole Sage Bread Stuffing Pie	**24** Spaghetti and Meatballs Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup	**25** Hamburger German Potato Salad Green Beans Whole Wheat Bun Applesauce	**26** CLOSED FOR THANKSGIVING!	**27** CLOSED FOR DAY AFTER THANKSGIVING!
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 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.