Site: Joshua Arms
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NOVEMBER 2026 MENU

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

Site Manager: Michelle Gotchie
Delivery Days: Monday - Friday
Times: 11:00 am - 12:00 pm
Suggested Donation: $5.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Vegetable Soup Sweet Corn Green Beans Multi-Grain Bread Chilled Pears Cookie	**3** Turkey Pot Roast Baked Potato Peas and Carrots Multi-Grain Cranberry Roll Chef Choice Fruit	**4** Spaghetti & Meatballs Marinara Sauce Broccoli Whole Wheat Vienna Bread Chilled Peaches	**5** Chicken Tenders Sage Bread Stuffing Sweet Mashed Potato White Bean & Tomato Medley Whole Apple	**6** Surimi Crab Penne Pasta Zucchini with Red Peppers Chef Choice Vegetable Whole Wheat Roll Fruit Cup
9 Meatloaf with Country Gravy Cauliflower Mashed Potatoes Mixed Vegetables Multi-Grain Bread Pineapple Tid Bits	**10** Potato Leek & Sausage Soup Peas and Carrots Mixed Salad Greens Corn Bread Warm Apple Cobbler	**11** CLOSED	**12** Cheese Omelet Diced Hasbrown Potatoes Whole Wheat Biscuit 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 Whole Apple	**17** Chicken & 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	**19** All Beef Hot Dog Whole Wheat Hot Dog Bun Oven Fries Baked Bean Casserole Banana	**20** Lasagna With Meat Sauce Broccoli Chef Choice Vegetables Multi-Grain Bread Chocolate Pudding
23 Roasted Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Sage Bread Stuffing Pie	**24** Spaghetti & Meatballs Marinara Sauce Multi-Grain Bread Warm Peach Cobbler Tri Bean Salad	**25** Hamburger German Potato Salad Green Beans Wheat Hamburger Bun Applesauce	**26** CLOSED HAPPY THANKSGIVING	**27** CLOSED
30 Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Bread Warm Pear & 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.