Site WILMINGTON
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AUGUST 2026 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4**	**5**	**6**	**7**
Meatballs Marinara Sub Meatballs Potatoes Italiano Italian Green beans French roll/whole orange	Salisbury Steak & Gravy Salisbury Steak Mashed Potayoes Cabbage/carrots bread / Fresh Melon/cookie	Pepperroni Pizza Calzone Broccoli Sicllian Blend Vegetables Mixed Salad greens Italian dressing & mixed fruit	Lemon Basil Chicken Chicken Boneless cooked Sauce ,Lemon Basil cream Garden vegetables dinner roll and applesauce	Roasted Turkey and Cheddar Sandwich Cheese sliced Lettuce and Tomato Pea salad /pineapple bits/ roll
10	**11**	**12**	**13**	**14**
Chicken ala Orange Chicken Thigh Brown rice Vegetable Pilaf Beans, Great Northern Muffin Chilled Peaches	French Dip of Beef Beef roasted french dip French dip w mustard/onions Oven Fries/sweet corn French Roll / whole apple	Classic Lasagna with Meat Sauce Classic Lasagna Squash Medley Italian Green Beans Whole Wheat Vienna Bread	Surimi Crab Salad Mixed Salad Greens Tomato Wedges Cucumber Salad / Dinner Roll Fruit cup	All Beef Hot Dog Twice Baked Potato Beans and Carrots Whole Wheat Hot Dog Bun Banana
17	**18**	**19**	**20**	**21**
BBQ Riblet BBQ Sauce Sweet Potato Mashed Chef Choice Vegetable Whole Wheat Sandwich Bun	Hamburger Baked Bean Casserole Mixed Vegetables Whole Wheat Hanbuger Bun Mandarin Orange Jello	BLT Chicken Salad Mixed Salad Greens Tomato Wedges Tri bean Salad Corn bread / Mandarin oranges	Spaghetti/Meatball Marinara Capri Blend Vegetables Whole Wheat Vienna Bread Chilled pears Margarine cup	Baked Pollock Bella Vista sauce Red Skin Potatoes California Vegetables Dinner roll
24	**25**	**26**	**27**	**28**
Baked Meatloaf with Country Gravy Meatloaf / Country Gravy Mashed Potatoes /Stewed Tomato Multi Grain Bread /whole orange	Eggs w Whole Wheat Biscuit & Gravy Eggs Plain Omelet/ Biscuit Turkey sausage gravy Diced hashbrowns/Apple cobbler	Slow Roasted Beef Beef gravy Au Gratin Potatoes Carrotts and Chives Dinner roll / mixed fruit	Asian Glazed Chicken Sauce, Asian Glazed Citrus Brown Rice / Broccoli Multi Grain Bread Jello/ Fortune Cookie	Turkey Pasta Salad Lettuce and Tomato Tri Bean Salad Multi-Grain Cranberry Roll Pineapple Tid Bits
31				
Prime Rib of Pork Prime Rib /Pork Gravy Baked Potayo Cauliflower ,Parslied Marble Rye Bread/Mixed Fruit				

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.