

Beecher Center/Meals on
Wheels
908 Game Farm Road
Yorkville, IL. 60560

Days: Mondays-Fridays
Times: 7:00am-1:00pm
Phone: 630-553-2316




**Community Nutrition Network
& Senior Services Association**



June-2023

Café Manager: Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Remove meal from the freezer or refrigerator Punch a few holes in the clear cover with a fork. Leave the cover on the food. Set microwave to defrost for 2-4 minutes, then full power for 3-5 minutes. If it has been refrigerated, it will not take as long</i></p>	<p>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!!! Please be safe!!!</p>	<p>Suggested donation \$3.75</p> 	<p>1 Spaghetti /Meatball with marinara sauce Capri Blend vegetables Wheat Vienna bread Chilled Pears Milk</p>	<p>2 Herbed Baked chicken Mashed potatoes Green Bean Casserole Bran Muffin Bread Whole Apple Milk</p>
<p>5 Baked Meatloaf with Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Fresh Orange and Milk</p>	<p>6 Biscuit & Gravy and Eggs Diced Hash Browns Apple Cobbler Banana, Juice Milk</p>	<p>7 Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi-grain Dinner Roll Mixed Fruit and Milk</p>	<p>8 Asian glazed Chicken, Citrus Brown Rice Oriental Blend Vegetable Ginger Cabbage Slaw, Milk Mandarin Orange Jello</p>	<p>9 Turkey pasta salad Lettuce and tomato Tri bean salad Whole wheat bread Whole orange and milk</p>
<p>12 Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit Milk</p>	<p>13 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Fresh Melon and Milk</p>	<p>14 BBQ Pulled Chicken Cheesy Mashed Potato Broccoli Wheat Sandwich Bun Chilled Pears Milk</p>	<p>15 Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo and Kidney Beans w/Slivered Carrots, Kaiser Bun, Banana Milk</p>	<p>16 Chicken Marbella Rice Florentine Country Blend Vegetables Whole Wheat Bread Whole Orange and Milk</p>
<p>19 CLOSED</p>	<p>20 Chicken/Garden Rotini Pasta Salad, Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tid Bits Milk</p>	<p>21 Soufflé Lorraine Potatoes O' Brien Fruit Cup Blueberry Muffin Bread Whole Orange Milk</p>	<p>22 Baked Meatloaf with Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Chilled Peaches Milk</p>	<p>23 Potato Crusted Fish Filet Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce Milk</p>
<p>26 Meatball Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Bread Whole Orange, Milk</p>	<p>27 Salisbury Steak Mashed Potatoes w/Gravy Cabbage and Carrots Multi Grain Bread, Mixed Fruit, Milk Oatmeal Raisin Cookie</p>	<p>28 Roasted Turkey Breast Wisconsin Cheddar, Lettuce, Tomato, Wheat Kaiser Bun Pea Salad Pineapple Tid Bits Milk</p>	<p>29 Chicken &Mini Dumplings Garden Vegetables Corn & Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples Milk</p>	<p>30 Veal Parmesan Penne Pasta with Marinara Sauce, Broccoli Wheat Vienna Bread, Fresh Melon Milk</p>

Menu subject to change due to availability of items. Funding in part is provided by Age Guide Area on Aging

Beecher Center/Café
Meals
908 Game Farm Road
Yorkville, IL. 60560

Days: Tues-Wednesday-Friday
Times: 11:00am-12:30pm
630-553-2316



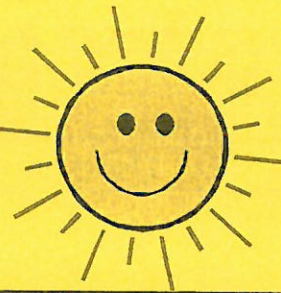
**Community Nutrition Network
& Senior Services Association**



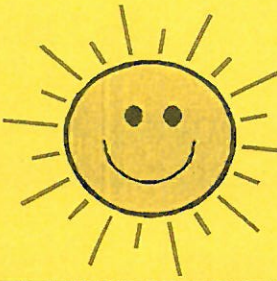
June- 2023

Nutrition Director/Louise Maritato




Monday	Tuesday	Wednesday	Thursday	Friday
<i>Funding in part is provided by AgeGuide. Area on Aging</i>	Suggested Donation \$4.00		1	2 Mostaccoli Green Beans Toss Salad Garlic Bread Taco Soup Milk
5	6 Fish Aug. Potatoes Carrots Broccoli Salad Chicken Noodle Soup Milk	7 Grilled Cheese Zucchini Casserole Fruit Salad Tomato Soup Milk	8	9 Pulled Pork Macaroni Salad Cole Slaw Cheese Soup Milk
12	13 Hamburger Pie Green Beans Mashed Potatoes Stuff Pepper Soup Milk	14 Biscuit & Gravy Fruit Pancakes Milk *NO SOUP*	15	16 Breaded Pork Chops Twice Baked Potatoes Mixed Vegetables Waldorph Salad Mushroom Soup Milk
19	20 Lasagna Broccoli Toss Salad Garlic Bread Onion Soup Milk	21 Ham & Egg Salad Sandwiches Potato Chips Pea Salad Vegetable Soup Milk	22	23 Cream Chicken on Biscuits Peas Jello Salad Beef Noodle Soup Milk
26	27 Sweedish Meatballs Noodles Beets Toss Salad Split Pea Soup Milk	28 Potato Bar Spinach Salad Chili Milk	29	30 Corn Beef Casserole Potato/Carrots Kraut Fish Chowder Milk



June 2023



*Schedule is subject to change without notice.
*Please visit Beecher Center to sign up for lunch 7 days in advance.
*Contact Amy for more information regarding programs.
acummings@seniorservicesassoc.org or
(630)553-5777

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**Kendall County Advisory Committee: Is open to the community.	Contact Amy to register for: *Bingocize (2x a wk for 10wks) *Fit & Strong (2x a wk for 12wks). These are evidenced based programs that require registration and an additional questionnaire to be completed.		*Lunch Bunch: Everyone pays own way! <i>RSVP is required.</i>	1 12:00pm Lunch Bunch @ Benny's - RSVP* 1:00pm Card & Table Game Club	2 9:00am Exercise & Stretch 10:00am BP Check 11:00am Lunch 12:00pm Birthday Party FREE BINGO 2:30pm Wii Games	3 Birthday Party Sponsored by Heritage Woods in Yorkville
4 ***Beecher Council: Is your opportunity to share your thoughts regarding programing at the Beecher Center.	5 10:30am Bingocize 1:00pm Matter of Balance 1:00pm Kendall Advisory Committee**	6 9:00am Exercise & Stretch 9:00am Dime Jingle 11:00am Lunch 12:00pm BINGO 2:00pm BB Baseball vs. Cedarhurst	7 9:00am Exercise & Stretch 10:30am Beecher Council*** 11:00am Lunch 12:00pm BINGO	8 10:30am Bingocize 1:00pm Card & Table Game Club	9 9:00am Exercise & Stretch 11:00am Lunch 12:00pm BINGO 2:30pm Wii Games	10 
11	12 10:30am Bingocize 1:00pm Matter of Balance	13 9:00am Exercise & Stretch 9:00am Dime Jingle 11:00am Lunch 12:00pm BINGO	14 9:00am Exercise & Stretch 10:00am Veterans Coffee Klatch 11:00am Lunch 12:00pm BINGO Flag Day!	15 10:30am Bingocize 1:00pm Card & Table Game Club	16 9:00am Exercise & Stretch 10:00am BP Check 11:00am Lunch 12:00pm Father's Day Celebration FREE BINGO 2:30pm Wii Games	17 Father's Day Bingo sponsored by InHome Care!
	19 10:30am Bingocize 1:30pm Fit & Strong Juneteenth!	20 9:00am Exercise & Stretch 9:00am Dime Jingle 11:00am Lunch 12:00pm BINGO	21 9:00am Exercise & Stretch 10:00am Wits Workout 11:00am Lunch 12:00pm BINGO	22 10:30am Bingocize 1:00pm Card & Table Game Club 1:30pm Fit & Strong	23 9:00am Exercise & Stretch 11:00am Lunch 12:00pm BINGO 2:30pm Wii Games	24 <i>When life gives you lemons ... make Lemonade!</i>
25 	26 Kendall County TRIAD Picnic! - RSVP Required 1:30pm Fit & Strong	27 9:00am Exercise & Stretch 9:00am Dime Jingle 11:00am Lunch 12:00pm BINGO	28 9:00am Exercise & Stretch 10:00am Wits Workout 11:00am Lunch 12:00pm BINGO	29 10:30am Bingocize 1:00pm Card & Table Game Club 1:30pm Fit & Strong	30 9:00am Exercise & Stretch 11:00am Lunch 12:00pm BINGO 2:30pm Wii Games	