

Weits Café Meals on Wheels Menu



Chicken Parmesan

grilled chicken over tagliatelle pasta with marinara and Parmesan cheese with salad, mixed fruit, and a glass of milk

Polish Sausage

quarter-pound Polish sausage with grilled peppers and onions on a four-inch Milano roll, with mixed fruit and a glass of milk

Grilled Chicken Quesadilla

seasoned grilled chicken and cheddar cheese in a honey wheat tortilla, served with salad, mixed fruit, and iced tea or water

Turkey Dinner

roasted shaved turkey with gravy, mashed potatoes, and a dinner roll, with mixed fruit and a glass of milk

Fried Chicken Dinner

hand-dipped and fried chicken tender, mashed potato and white gravy, with a dinner roll, mixed fruit, and a glass of milk

Spaghetti and Meatball

spaghetti with red sauce and a large quarter-pound hand-crafted meatball, served with salad, fruit, and a glass of milk

Chicken Caesar Salad Wrap

grilled chicken Caesar salad wrapped in a honey wheat tortilla, served with mixed fruit and a glass of milk

Weits Café Partnership

The Meals on Wheels Foundation of Northern Illinois and Community Nutrition Network and Senior Services Association have partnered with Weits Café to bring you this special menu for adults age 60 and above and their spouses and caregivers.

Please call 815-941-1590 or visit us online at www.cnnssa.org for more information on our programs, including home-delivered meals five days a week, café lunches, frozen meals for pick-up, and special menus at local restaurants like this one. We are a donation-based 501(c)(3) nonprofit serving adults age 60 and above. There is a suggested donation for each meal; no one is ever turned away if unable or unwilling to make the suggested donation. All meals meet federal nutritional guidelines for ages 60 and above.

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