

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**



**February 2024**

*Nutrition Director/Louise Maritato*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot finish your meal, or you're not ready to eat your meal at delivery time, refrigerate <b>Immediate Suggested Donation \$3.75</b></p>	<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 lon</i></p>		<p>1 Cheese Omelet Hash Browned Potatoes Whole Wheat Biscuit Apple Juice, Fruit Yogurt, Fresh Orange, Milk</p>	<p>2 Swedish Meatball/Gravy, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Melon, Milk</p>
<p>5 Roast Pork &amp; Gravy Au Gratin Potatoes, Peas &amp; Carrots, Wheat Bread, Whole Apple, Milk</p>	<p>6 Cheddar Broccoli Chicken Rice Casserole, Cauliflower, Whole Wheat Roll, Warm Pear &amp; Cranberry Crumble, Milk</p>	<p>7 Salisbury Steak/Gravy, Mashed Potatoes, Corn, Multi Grain Dinner Roll, Pineapple Tidbits, Milk</p>	<p>8 Hot Dog, Oven Fries, Bean Casserole, Wheat Hot Dog Bun, Banana , Milk</p>	<p>9 Shaved Pork w/ Mediterranean Sauce, Scalloped Potatoes, Brussel Sprouts, Multi Grain Bread, Apple Sauce, Milk</p>
<p>12 Roast Turkey &amp; Gravy, Baked Sweet Potatoes, Mixed Vegetables, Bread Stuffing, Chef's Fruit, Milk</p>	<p>13 Spaghetti &amp; Meatballs Marinara, Mixed Salad Greens, Multi Grain Bread, Warm Peach Cobbler, Milk</p>	<p>14 Classic Lasagna w/ Alfredo Sauce, Broccoli, Chef's Choice Vegetable, Wheat Bread, Oatmeal Raisin Cookie, Milk</p>	<p>15 Baked Chicken &amp; Gravy, Mashed Potatoes, Cauliflower &amp; Red Pepper, Wheat Bread, Mandarin Orange, Milk</p>	<p>16 Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetables, Multi Grain Roll, Chick Pea Salad, Fresh Melon, Milk</p>
<p>19 <b>CLOSED FOR PRESIDENTS Day</b></p>	<p>20 BBQ Riblet, Oven Fries, Black Beans &amp; Corn, Wheat Sandwich Bun, Whole Apple, Milk</p>	<p>21 Roast Turkey w/ Cheddar Ale Sauce, Vegetable Rice Pilaf, Broccoli, Biscuit, Chef's Fruit, Oatmeal Raisin Cookie, Milk</p>	<p>22 Western Eggs, Hashed Browned Potatoes, Maple Glazed Pears, Raisin Bread, Cranberry Sauce, Banana, Milk</p>	<p>23 Eggplant Parmesan, Penne Pasta /Marinara Sauce, Squash Medley, Wheat Vienna, Chilled Peaches, Milk</p>
<p>25 Slice Bavarian Style Bratwurst, Dice Parsley Potatoes, Carrots,, Rye Bread, Fresh Melon, Milk</p>	<p>27 Chicken Chardonnay, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Orange, Chocolate Pudding, Milk</p>	<p>28 Texas Chili, Mac&amp; Cheese, Country Blend Vegetables, Multi Grain Bread, Fruit Cup, Milk</p>	<p>29 Veal Marsala, Scalloped Potatoes, Stewed Tomatoes, Multi Grain Bread, Chilled Pears, Milk</p>	

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