

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**



July 2024

Nutrition Director/Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Ala Orange, Vegetable Rice Pilaf, Northern Beans, Bran Muffin Bread, Chilled Peaches, Milk</p>	<p>2 French Dip of Beef w/ Mushrooms & Onions, Oven Fries, Corn, Whole Wheat Roll, Whole Apple, Milk</p>	<p>5 Classic Lasagna w/ Meat Sauce, Squash Medley, Italian Green Beans, Whole Wheat Bread, Chilled Pears , Milk</p>	<p>4 Closed for 4th of July</p>	<p>5 Closed</p>
<p>8 BBQ Riblet, Sweet Potato Mashed, Chef's Vegetable, Wheat Sandwich Bun, Strawberry Yogurt, Milk</p>	<p>9 Hamburger, Bean Casserole, Mixed Vegetable, Wheat Sandwich Bun, Fruit Sunburst, Milk</p>	<p>10 BLT Chicken Salad, Mixed Salad Greens w/ Tomato Wedges, Tri-Bean Salad, Corn Bread, Mandarin Orange, Milk</p>	<p>11 Spaghetti & Meatballs w/ Marinara Sauce, Capri Blend Vegetables, Wheat Vienna Bread, Chilled Pears, Milk</p>	<p>12 Herbed Baked Chicken, Mashed Potatoes w/ Gravy, Green Bean Casserole, Bran Muffin Bread, Whole Apple, Milk</p>
<p>15 Baked Meatloaf w/ Country Gravy, Stewed Tomatoes, Whole Wheat Bread, Whole Orange, Milk</p>	<p>16 Eggs w/ Biscuits & Gravy, Diced Hashed Browns, Apple Cobbler, Juice, Banana, Milk</p>	<p>17 Slow Roasted Beef, Au Gratin Potatoes, Carrots & Chives, Multi Grain Dinner Roll, Mixed Fruit, Milk</p>	<p>18 Asian Glazed Chicken, Citrus Brown Rice, Broccoli, Multi Grain Bread, Mandarin Orange Jell O, Fortune Cookie, Milk</p>	<p>19 Turkey Pasta Salad w/ Shell Rigate, Lettuce/ Tomato, Tri-Bean Salad, Whole Wheat Bread, Pineapple Tid Bits,, Milk</p>
<p>22 Prime Rib of Pork, Baked Potato, Parslied Cauliflower, Rye Bread, Mixed Fruit, Milk</p>	<p>23 Italian Sausage/ Marinara, Scalloped Potatoes, Brussel Sprouts, Wheat Sausage Bun, Fresh Melon, Milk</p>	<p>24 BBQ Pulled Chicken, Cheesy Mashed Potatoes, Broccoli, Wheat Sandwich Bun, Chilled Pears , Milk</p>	<p>25 Dilled Tuna Salad Sandwich, Lettuce & Tomato, Garbanzo & Kidney Bean, Slivered Carrots Balsamic, Wheat Kaiser, Milk</p>	<p>26 Chicken Marbella, Rice Florentine, Country Blend, Whole Wheat Bread, Whole Orange, Milk</p>
<p>29 Kielbasa, Dilled Potatoes, Bean Casserole, Rye Bread, Fruit Cup, Milk</p>	<p>30 Chicken w/ Garden Rotini Pasta Salad, Mixed Salad Greens, Herbed Tomato Wedges, Multi Grain Bread, Pineapple Tid Bits, Milk</p>	<p>31 Eggs Lorraine, Potatoes O'Brien, Fruit Cup, Blueberry Muffin, Whole Orange, Milk</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 micro- wave 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>For your safety, if you can- not finish your meal, or your not ready to eat your meal at delivery time. Refrigerate Immediate Suggested Donation \$3.75</p>

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