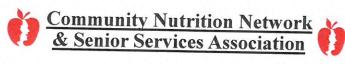
Beecher Center/Meals on Wheels 908 Game Farm Road Yorkville, IL. 60560 Days: Mondays-Fridays Times: 7:00am-1:00pm Phone: 630-553-2316



January 2025

Nutrition Director/Louise Maritato

Monday	Tuesday	Wednesday	Thursday	Friday
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	For your safety, if you cannot finish your meal, or your not ready to eat your meal at delivery time.  Refrigerate Immediate Suggested Donation  \$5.00	1	2 Chicken Vesuvio, Mashed Potatoes, Cauliflower & Red Peppers, Wheat Bread, Mandarin Oranges, Milk	3 Citrus Alaskan Pollock, Vegetable Rice Pilaf, Country Blend Vegetable Multi-Grain Dinner Roll, Chickpea Salad, Fresh Melon, Milk
6 Hot Roast Beef, Mashed Potatoes/Gravy, Peas & Carrots, Wheat Bread, Fresh Orange, Milk	7 BBQ Riblet, Oven Fries, Black Beans & Corn, Wheat Sandwich Bun, Whole Apple, Milk	8 Roast Turkey w/ Cheddar Ale Sauce, Vegetable Rice Pilaf, Broccoli, Biscuit, Chefs Fruit, Oatmeal Raisin Cookie, Milk	9 Western Eggs, Hashed Brown Potatoes, Maple Glazed Pears, Raisin Bread, Cranberry Juice, Banana, Milk	10 Chicken Breast Parmesan Penne Pasta/Marinara, Squash Medley, Wheat Vienna, Chilled Peached, Milk
13 Bavarian Bratwurst, Diced Parsley Potatoes, Carrots, Rye Bread, Fresh Melon, Milk	14 Chicken Chardonnay, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Orange, Chocolate Pudding, Milk	15 Texas Chili, Mac & Cheese, Country Blend Vegetables, Multi Grain Bread, Fruit Cup, Milk	16 Veal Marsala, Scalloped Potatoes, Stewed Tomatoes, Multi Grain Bread, Chilled Pears, Milk	17 Baked Pollock Piccata, Baked Potato, California Blend, Wheat Bread, Lemon Mandarin Pudding, Milk
Closed for Martin Luther Kings Birthday	21 Turkey Pot Roast/Gravy, Baked Potato, Peas & Carrots, Multi Grain Bread, Chef's Fruit, Milk	22 Spaghetti & Meatball Marinara, Broccoli, Wheat Vienna, Chilled Peaches, Milk	23 Chicken Tenders in Chicken Country Gravy, Bread Stuffing, Sweet Potatoes Mashed, Northern Bean & Tomato Medley, Apple, Milk	24 Surimi Crab Alfredo, Penne Pasta, Zucchini w/ Red Peppers & Onions, Chefs Choice Vegetable, Multi Grain Dinner Roll, Fruit Cup, Milk
Baked Meatloaf w/ Country Gravy, auliflower Mashed Potatoes, Mixed Vegetables, Whole Wheat Roll, Pineapple Tidbits, Milk	Oven Fries, Carrot Raisin Salad, Wheat Sandwich Bun, Warm Apple Crumble, Milk	29 Miso Glazed Chicken Thigh, Scalloped Potatoes, Baked Bean Casserole, Wheat Bread, Fruit Jell O, Milk	30 Cheese Omelet Hashed Brown Potatoes, Whole Wheat Biscuit, Apple Juice, Fruit Yogurt, Fresh Orange, Milk	31 Swedish Meatballs/Gravy, Mashed Potatoes, Broccoli, Multi Grain Bread, Fresh Melon, Milk