Site: Arlington Heights
Address: 1801 Central Rd
City, State Zip: Arlington Heights,IL 60005
Phone: 847-797-5352

September 2026

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Cafe Manager: Caitlin Wilson
Cafe Days: Monday - Friday
Times: **Office** 10AM-1PM **Lunch** 12Noon-1PM
Suggested Donation: $4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Italian Sausage Marinara Scalloped Potatoes Brussel Sprouts Wheat Sausage Bun Fresh Melon Juice	BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	Dilled Tuna Salad Lettuce and Tomato Garbanzo & Kidney Beans w/ Slivered Carrots Wheat Kaiser Banana	Chicken Provence Rice Florentine Country Blend Multi Grain Bread Whole Orange
7	8	9	10	11
MOWFNI/CNN CLOSED! 	Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup	Eggs Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Whole Orange	Baked Meatloaf w/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Dinner Roll Chilled Peaches	Southern Breaded Fish Filet Au Gratin Potatoes Peas Multi Grain Bread Applesauce
14	15	16	17	18
Meatball Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	Salisbury Steak Mashed Potatoes w/ Gravy Cabbage & Carrots Multi Grain Bread Fresh Melon Oatmeal Raisin Cookie	Pepperoni Pizza Calzone Broccoli Sicilian Blend Vegetables Mixed Salad Greens Mixed Fruit	Lemon Basil Chicken Garden Vegetables Corn & Black Beans Cranberry Roll Applesauce Banana	Roasted Turkey Sandwich w/ Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tidbits
21	22	23	24	25
Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Raisin Bran Muffin Chilled Peaches	French Dip of Beef w/ Mushrooms and Onions Oven Fries Corn Wheat French Roll Whole Apple, Chef's Choice	Classic Lasagna w/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears	Surimi Crab Salad Mixed Salad Greens w/ Tomato Wedges Dilled Cucumbers Whole Wheat Dinner Roll Fruit Cup	All Beef Hot Dog Twice Baked Potato Casserole Peas & Carrots Whole Wheat Bun Banana
28	29	30		
BBQ Riblet Sweet Potato Mashed Chef's Vegetable Whole Wheat Bun Strawberry Yogurt	Hamburger Bean Casserole Mixed Vegetables Whole Wheat Bun Fruit Sunburst Fresh Melon	BLT Chicken Salad Mixed Salad Greens w/ Tomato Wedges Tri Bean Salad Corn Bread	Beginning October 1, 2026, there will be a change to the Community Café Program. Funding from AgeOptions will only cover meals eaten together on site. Because of this, pre-ordered "To-Go" meals will no longer be funded through the congregate meal program.	

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

Funding is provided in whole or in part by AgeOptions, AgeGuide Northeastern Illinois, and the Illinois Department on Aging through the Older Americans Act. Meals on Wheels for Northern Illinois does not discriminate based on race, color, national origin, age, disability, sex, gender identity, sexual orientation, religion, or any protected status. Reasonable accommodations and language assistance are available upon request.

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.

Each meal is served with milk.