Site: Joshua Arms
Address: 1315 Rowell Ave
City, State Zip: Joliet, IL 60433
Phone: 815-351-9293

SEPTEMBER 2026 MENU

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

Cafe Manager: Michelle Gotchie
Cafe Days: Monday - Friday
Times: 11:00 am - 12:00 pm
Suggested Donation: $5.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Sausage Scalloped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Melon	2 BBQ Pulled Chicken Whole Wheat Bun Cheddar Mashed Potatoes Broccoli Pears	3 Dilled Tuna Sandwich Lettuce and Tomato Garbanzo and Kidney Bean Whole Wheat Kaiser Roll Fruit Cup	4 Chicken Provencal Brown Rice Florentine Country Blend Vegetables Multi-Grain Bread Whole Orange
7 CLOSED	8 Beef Kielbasa Dilled Potatoes Baked Bean Casserole Marble Rye Bread Fruit Cup	9 Eggs Lorraine Potatoes O'Brien Cinnamon Apples Blueberry Muffin Whole Orange	10 Meatloaf with County Gravy Mashed Potatoes Carrots and Chives Multi-Grain Dinner Roll Chilled Peaches	11 Southern Breaded Fish Filet Au Gratin Potatoes Peas Multi-Grain Bread Applesauce
14 Meatball Marinara Whole Wheat French Roll Potatoes Italiano Green Beans Whole Orange	15 Salisbury Steak Mashed Potatoes Cabbage and Carrots Fresh Melon Oatmeal Raisin Cookie	16 Pepporni Pizza Calzone Blend Vegetables Mixed Salad Greens Italian Dressing Mixed Fruit	17 Lemon Basil Chicken Garden Vegetables Corn and Black Beans Multi-Grain Dinner Roll Applesauce	18 Turkey & Cheddar Sandwich Lettuce and Tomato Pea Salad Pineapple Tid Bitts Whole Wheat Kaiser Roll
21 Chicken Ala Orange Brown Rice Vegetable Pilaf Great Northern Beans Muffin, Raisin Bran Chilled Peaches	22 Beef French Dip Oven Fries Sweet Corn Whole Wheat French Roll Whole Apple	23 Lasagna with Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears	24 Crab Salad Mixed Salad Greens Tomato Wedges Cucumber Salad Fruit Cup	25 All Beef Hot Dog Twice Baked Potato Casserole Carrots and Peas Whole Wheat Hot Dog Bun Banana
28 BBQ Riblet Sweet Potato Mashed Chef Choice Vegetable Whole Wheat Sandwich Bun Strawberry Yogurt	29 Hamburger Baked Bean Casserole Mixed Vegetables Whole Wheat Bun Mandarin Orange Jello	30 BLT Chicken Salad Mixed Salad Greens Tri Bean Salad Corn Bread Mandarin Oranges		

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AgeGuide NORTHEASTERN ILLINOIS

Funding is provided in whole or in part by 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.