Monee Meals on Wheels
4700 W Court Street
Monee, IL 60449
Phone: 815-351-9210

SEPTEMBER 2026 MENU

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

Tammie L Durrett, Nutrition Director
Cafe Days: Monday thru Friday
Times: 11:00am - 1:00 pm
Suggested Donation: $5.00

	Tuesday	Wednesday	Thursday	Friday
	1 Italian Sausage w/Marinara Scalloped Potatoes Brussel Sprouts Whole Wheat Bun Fresh Melon	**2** BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Whole Wheat Bun Chilled Pears	**3** Dilled Tuna Salad Garbanzo & Kidney Beans Slivered Carrots Whole Wheat Kaiser Roll Fruit Cup	**4** Chicken Provence Rice Florentine Country Blend Multi-Grain Bread Whole Orange
7 	**8** Turkey Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup	**9** Eggs Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Whole Orange	**10** Baked Meatloaf w/gravy Mashed Potatoes Carrots & Chives Whole Wheat Dinner Roll Chilled Peaches	**11** Southern Breaded Fish Filet Au Gratin Potatoes Peas Multi-grain Bread Applesauce
14 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	**15** Salisbury Steak Mashed Potatoes & Gravy Cabbage & Carrots Multi-Grain Bread Fresh Melon Oatmeal Raisin Cookie	**16** Pizza Calzone Broccoli Sicilian Blend Vegetables Mixed Salad Greens Mixed Fruit	**17** Lemon Basil Chicken Garden Vegetables Corn & Black Beans Cranberry Roll Applesauce	**18** Roasted Turkey Sandwich Whole Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid Bits
21 Chicken Ala Orange Vegetable Rice Pilaf Northern Beans Raisin Bran Muffin Chilled Peaches	**22** French Dip of Beef Oven Fries Corn Whole Wheat French Roll Whole Apple	**23** Classic Lasagna w/Meat sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears	**24** Surimi Crab Salad Mixed Salad/w Tomato wedges Dilled Cucumbers Whole Wheat Dinner Roll Fruit Cup	**25** All Beef Hot Dog Twice Baked Potato Casserole Peas & Carrots Whole Wheat Hot Dog Bun Banana
28 BBQ Riblet Sweet Potato Mashed Chefs Vegetable Whole Wheat Sandwich Bun Strawberry Yogurt	**29** Hamburger Bean Casserole Mixed Vegetable Whole Wheat Hamburger Bun Fruit Sunburst	**30** BLT Chicken Salad Mixed Salad w/ Tomatoes 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.