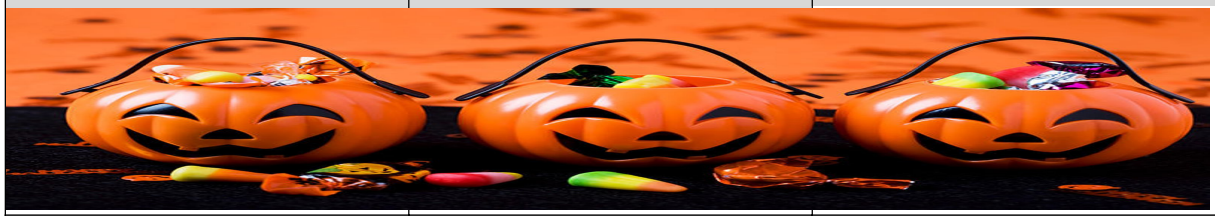
Site: Arlington Heights
Address: 1801 Central Rd
City, State Zip: Arlington Heights,IL 60005
Phone: 847-797-5352

October 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
			Spaghetti & Meatballs Marinara Capri Blend Vegetables Wheat Vienna Bread Chilled Pears	Baked Pollack Bella Vista Red Skin Potatoes California Blend Vegetable Multi Grain Bread Whole Apple
5	6	7	8	9
Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Multi-Grain Bread Whole Apple	Chicken & Kale Soup Baked Sweet Potato Italian Green Beans Cranberry Roll Chilled Peaches Pea Salad	Salisbury Steak Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits	All Beef Hot Dog Oven Fries Bean Casserole Wheat Hot Dog Bun Banana Fresh Melon	Classic Lasagna w/ Meat Sauce Broccoli Chefs Choice Vegetable Multi Grain Bread Chocolate Pudding
12	13	14	15	16
MOWFNI/CNN CLOSED! 	Spaghetti & Meatball Marinara MIxed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	Hamburger German Potato Salad Green Beans Whole Wheat Hamburger Bun Applesauce	Chicken Vesuvio Mashed Potatoes Cauliflower & Red Peppers Multi Grain Bread Mandarin Oranges Tri Bean Salad	Citrus Alaskan Pollack Vegetable Rice Pilaf Country Blend Vegetable Whole Wheat Roll Chick Pea Salad Fresh Melon
19	20	21	22	23
Cheddar Broccoli Chicken Rice Casserole Cauliflower Mult-Grain Bread Warm Pear and Cranberry Crumble	BBQ Riblet Oven fries Broccoli Whole Wheat Sandwich Bun Whole Apple Chick Pea Salad	Chicken Tortilla Soup Spanish Brown Rice Black Beans and Corn Tortilla Chips Oatmeal Raisin Cookie Chef's Fruit	Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Banana Cranberry Juice	Hot Roast Beef Mashed Potatoes w/ Gravy Peas & Carrots Multi-Grain Bread Fresh Orange
26	27	28	29	30
Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	Chicken Chardonnay Mashed Potatoes Broccoli Tri-Bean Salad Multi-Grain Bread Fresh Orange	Texas Chili Mac & Cheese Country Blend Vegetables Cornbread Fruit Cup	Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears Beet Salad	Baked Pollack w/ Lemon Dill Hollandaise Baked Potato California Blend Whole Wheat Roll Multi-Grain Bread Lemon Mandarin Pudding

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.