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

OCTOBER 2026 Café Menu

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti & Meatballs Capri Blend Vegetables Whole Wheat Vienna Bread Chilled Pears Parmesan Cheese	2 Baked Pollock Red Skin Potatoes California Vegetables Multi-Grain Dinner Roll Whole Apple
5 Roast Pork & Gravy Au Gratin Potatoes Peas and Carrots Multi-Grain Bread Whole Apple	6 Tuna Salad Mixed Greens & Tomato Beet Salad Whole Graham Crackers Chilled Peaches	7 Ham & Cheese Sandwich Lettuce & Tomato Pea Salad Wheat Sandwich Bun Chef Choice Fruit	8 DELI DAY Cheeseburger Hanburger Bun Cottage Cheese Potato Salad Banana	9 DELI DAY Bean & Cheese Papusa Cottage Cheese Curtido Cabbage Slaw Fresh Melon
12 CLOSED	13 Spaghetti & Meatballs Mixed Salad Greens Multi-Gain Bread Warm Peach Cobbler Parmesan Cheese	14 Hamburger German Potato Salad Green Beans Hamburger Bun Applesauce	15 DELI DAY Pepperoni Pizza Calzone Cottage Cheese Mandarin Oranges Carrot Raisin Salad	16 DELI DAY Stuffed Cabbage Roll Whole Wheat Roll Cottage Cheese Strawberry Yogurt Fresh Melon
19 Broccoli & Chicken Rice Casserole Cauliflower Multi-Grain Bread Pear & Cranberry Crumble	20 DELI DAY BBQ Pork Chop Corn Muffin Cottage Cheese Potato Salad Whole Apple	21 Roast Beef & Cheese Lettuce & Tomato Corn Relish Salad Wheat Sandwich Bun Chef Choice Fruit	22 Chicken Salad Mixed Greens & Tomato Garbanzo Bean Salad Graham Crackers Cinnamon Apples	23 DELI DAY Cheese Burger Wheat Hamburger Bun Cottage Cheese Macaroni Pasta Salad Fresh Melon
26 Surimi Crab Sandwich Lettuce & Tomato Vegetable Vinaigrette Wheat Sandwich Bun Pineapple tid Bits	27 DELI DAY Stuffed Green Pepper Whole Wheat Roll Cottage Cheese Whole Orange Chocolate Pudding	28 Texas Chilli Macaroni & Cheese Country Blend Vegetables Corn Bread Fruit Cup	29 DELI DAY Italian Beef Wheat French Roll Cottage Cheese Beet Salad Chilled Pears	30 Pastrami & Cheese Sandwich Lettuce & Tomato Carrot Raisin Salad Marble Rye 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.