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

OCTOBER 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 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 Chicken & Kale Soup Baked Sweet Potatoes Italian Green Beans Cranberry Roll Chilled Peaches	7 Salisbury Steak & Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Tid Bits	8 All Beef Hot Dog Oven Fries Baked Bean Casserole Whole Wheat Hot Dog Bun Banana	9 Lasagna with Meat Sauce Broccoli Chef Choice Vegetable Multi-Grain Bread Chocolate Pudding
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 Chicken Vesuvio Mashed Potatoes Cauliflower & Red Peppers Multi-Grain Bread Mandarin Oranges	16 Alaskan Pollock Brown Rice Vegetable Pilaf Country Blend Vegetables Garbanzo Bean Salad Fresh Melon
19 Broccoli & Chicken Rice Casserole Cauliflower Multi-Grain Bread Pear & Cranberry Crumble	20 BBQ Riblet Oven Fries Broccoli Whole Wheat Bun Whole Apple	21 Chicken Tortilla Soup Spanish Brown Rice Corn & Black Beans Chef Choice Fruit Oatmeal Rasin Cookie	22 Western Eggs Diced Hashbrown Potatoes Maple Glazed Pears Raisin Bread Banana	23 Slow Roasted Beef Mashed Potatoes Peas and Carrots Multi-Grain Bread Whole Orange
26 Bavarian Bratwurst Sauerkraut Diced Parslied Potatoes Carrots Sliced Fresh Melon	27 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Whole Orange	28 Texas Chilli Macaroni & Cheese Country Blend Vegetables Corn Bread Fruit Cup	29 Veal Marsala Scalloped Potatoes Stewed Tomatoes Mulit-Grain Bread Chilled Pears	30 Baked Pollock with Lemon Baked Potato California Vegetables Multi-Grain Bread Lemon Mandarin Pudding

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.