Site Franklin Park
Address 10040 Addison St
City, State Zip: Franklin Park Il 60131
Phone:847/678-8777

October2026 MENU

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

Cafe Manager: Lupe Borjon
Cafe Days: Monday -Friday
Times: 8:00am -2:00pm
Suggested Donation: $4.00

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti and Meatballs w/Marinara Capri Blen Vegetables Whole Wheat Vienna Bread Chilled Pears	2 Baked Pollock Bella Vista Red Skin Potaotes California Vegetables Multi- Grain Dinner Roll Whole Apple
5 Roast Pork &Gravy Au gratin Potatoes Peas & Carrots Multi-Grain Bread Whole Apple	6 Chicken and Kale Soup Baked Sweet Potato Italian Green Beans Cranberry Roll Chilled Peaches Pea salad	7 Salisbury Steak /Gravy Mashed Potatoes Corn Whole Wheat Roll Pineapple TidBits	8 Hot Dog Oven Fries Bean casserole Whole Wheat Hot Dog Bun Banana Fresh Melon	9 Classic Lasagna w/Meat sauce Broccoli Vegetables Multi -Grain Bread Chocolate Pudding
12 Closed Indigenous People Day	13 Spaghetti & meatball Marinara Mixed salad Greens Multi grain Bread Warm Peach Cobbler Fruit Cup	14 Hamburger German Potato salad Green Beans Whole Wheat Roll Hamburger Bun Apple Sauce	15 Chicken Vesuvio Mashed potatoes Cauliflower & red peppers Multi Grain Bread Mandarin Oranges Tri-Bean salad	16 Citrus Alaska Pollock Vegetable Rice Pilaf Country Bleans Vegetables Whole Wheat Roll Chick Pea Salad Fresh Melon
19 Cheddar Broccoli Chicken casserole Cauliflower Multi-Grain Bread Warm Pear and Cranberry crumb	20 BBQ Riblet Oven Fries Broccoli Whole Wheat Sandwcih Bun Whole apple, Chick Pea salad	21 Chicken Tortilla Soup Spanish Brown Rice Black Beans and corn Tortilla Strips Oatmeal Raisin Cookie Fruit	22 Western Eggs Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	23 Hot Roast Beef Mashed Potatoes /Gravy Peas & Carrots Multi grian Bread Fresh Orange
26 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	Chicken Chardonaay Mashed Potatoes Broccoli Tri-Bean salad Multi grain Bread Fresh Orange	28 Texas Chili Mac & cheese Country Blend Vegetables Cornbread Fruit Cup	29 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi grain Bread Chilled Pears Beet Slad	30 Baked Pollock W/lemon - Dill Hollandaise Baked Potato California Blenn Multi grain Bread Lemon Mandari Pudding

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

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.