Site: Lemont Community Café
Address: 16300 Alba Street
City, State Zip: Lemont IL 60439
Phone: 630-257-0515

OCTOBER 2026 MENU

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

Manager: Stephanie Gasca
Days: Monday thru Friday
Times: 8am-1:30pm
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 Potatoes California Vegetables Multi-Grain Dinner Roll Whole Apple
5 Roast Pork and Gravy Au Gratin Potatoes Peas and Carrots Multi-Grain Bread Whole Apple	6 Chicken and Kale Soup Baked Sweet Potatoes Italian Green Beans Multi-Grain Cranberry Roll Chilled Peaches Pea Salad	7 Salisbury Steak and Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Tidbits	8 All Beef Hot Dog Oven Fries Baked Bean Casserole Whole Wheat Bun Banana Fresh Melon	9 Classic Lasagna w/Meat Sauce Broccoli Multi-Grain Bread Chocolate Pudding
12 CLOSED FOR INDIGENOUS PEOPLE'S DAY!	13 Spaghetti and Meatballs w/Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup	14 Hamburger German Potato Salad Green Beans Whole Wheat Bun Applesauce	15 Chicken Vesuvio Mashed Potatoes Cauliflower w/Red Peppers Multi-Grain Bread Mandarin Oranges Tri Bean Salad	16 Citrus Alaskan Pollock Rice Vegetable Pilaf Country Blend Vegetables Whole Wheat Roll Garbanzo Bean Salad Fresh Melon
19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Multi-Grain Bread Warm Pear and Cranberry Crumble	20 BBQ Riblet Oven Fries Broccoli Whole Wheat Bun Whole Apple Garbanzo Bean Salad	21 Chicken Tortilla Soup Spanish Brown Rice Corn and Black Beans Tortilla Strips Chef's Choice Fruit Oatmeal Raisin Cookie	22 Western Eggs Diced Hashbrown Potatoes Maple Glazed Pears Raisin Bread Juice Banana	23 Hot Roast Beef Mashed Potatoes Peas and Carrots Multi-Grain Bread Whole Orange
26 Bavarian Bratwurst Diced Parslied Potatoes Carrots Sauerkruat Fresh Melon	27 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Whole Orange	28 Texas Chili Macaroni and Cheese Country Blend Vegetables Corn Bread Fruit Cup	29 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad	30 Baked Pollock w/Lemon Dill Hollandaise Baked Potato California Vegetables 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 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.