WILMINGTON
805 RIVER ST
WILMINGTON IL 60481
815-351-6654

October 2026

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

ARLENE FOLEY
MON THRU FRIDAY
8:30 TO 1230PM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti Meatballs Marinara Sauce Capri Bleand Vegetables Whole wheat Vienna Bread Chilled pears	2 Baked Pollock Bella Vista sauce Red Skin Potatoes California Vegetables Multi grain Dinner Roll Whole Apple
5 Port Roast Port Gravy Au Gratin Potatoes Peas and Carrots Multi grain Bread Whole Apple	6 Chicken and Kale Soup Bakes Sweet Potaotoes Italian Green Beans Multi-Grain Cranberry Roll Chilled Peaches	7 Salsbury Steak Beef Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Td Bits	8 Hot Dog Whole Beef Oven Fries Baked Bean Casserole Whole Wheat Hot Dog Bun Banana	9 Classic Lasagna Meat Sauce Broccoli Multi-Grain Bread Chocolate Pudding
12 SITE CLOSED	13 Spaghetti Meatballs Marinara Sauce Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler	14 Hamburger German Potato Salad Green Beans Whole Wheat Hamburger Bun Applesauce	15 Chicken Vesuvio Vesuvio Sauce Mashed Potatoes Cauiflower with Red Peppers Multi Gain Bread Mandarin Oranges	16 Citrus Alaskan Pollock Brown Rice Vegetables 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 BBQ Sauce Oven Fries Broccoli Whole Wheat Sandwich Bun Whole Apple	21 Chicken Tortilla Soup Spanish Brown Rice Corn and Black Beans Tortilla Strips Cref Choice Fruit Oatmeal Rain Cookie	22 Western Eggs Diced Hashbrown Potatoes Maple Glazed Pears Raisin Bread Banana	23 Hot Roast Beef Beef Gravy Mashed Potatoes Peas and Carrots Multi Grain Bread Whole Orange
26 Bravarian Bratwurst Diced Parslied Potatoes Sauerkraut Carrits Sliced Fresh Melon	27 Chicken Chardonnay Chardonnay Sauce Mashed Potatoes Broccoli Multi-Grain Bread	28 Texas Chilli Macaroni Cheese Country Blend Vegetables Corn Bread Fruit Cup	29 Veal Marsala Marsala Sauce Scalloped Potatoes Stewed Tomatoes Multi-Gain Bread	30 Baked Pollack Lemon Dill Hollanddaise Sauce Baked Potatoe California Vegetables Multi-Grain Bread

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.