Oak LawnCommunity Café
5220 W. 105th St
Oak Lawn, IL 60453
Phone: 708-422-5180

October 2026 Café Menu

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

Lunch is served from 11:30am - 1:00pm so please plan accordingly

Cafe Manager: Angie Gasca
Cafe Days: Monday - Friday
Times: 10:00am - 1:00pm
Suggested Donation: $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti & Meatballs Marinara Capri Blend Vegetables Whole Wheat Vienna Bread Chilled Pears	2 Baked Pollock Bella Vista Red Skin Potatoes California Blend Vegetables Multigrain Dinner Roll Whole Apple
5 Roast Pork & Gravy Au Gratin Potatoes Peas and carrots Multigrain Bread Whole Apple	6 Chicken and Kale Soup Baked Sweet Potatoes Italian Green Beans Multigrain Cranberry Roll Chilled Peaches Pea Salad	7 Salisbury Steak & Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Pineapple Tidbits	8 Cheeseburger Cream of Spinach Soup Tossed Garden Salad Cottage Cheese Banana Potato Salad	9 Classic Lasagna w/Meat Sauce Broccoli Multigrain Bread Chocolate Pudding
12 CLOSED Columbus Day	13 Polish Sausage w/Sauteed Oni Whole Wheat Sausage Bun Lumberjack Soup Tossed Garden Salad Cottage Cheese, Cookie Mandarin Oranges	14 Hamburger German Potato Salad Green Beans Whole Wheat Hamburger Bun Applesauce	15 Chicken Vesuvio Mashed Potatoes Cauliflower w/Red Peppers Multigrain Bread Mandarin Oranges Tri Bean Salad	16 Stuffed Cabbage Roll Whole Wheat Roll Butternut Squash Soup Tossed Garden Salad Cottage Cheese, Strawberry Yogurt, Fresh Melon
19 Cheddar Broccoli Chicken Rice Casserole Cauliflower Multihgrain Bread Warm Pear & Cranberry Crumb	20 BBQ PorkChop w/Peach BBQ Sauce, Corn Muffin Broccoli Cheddar Soup Tossed Garden Salad Whole Apple, Cottage Cheese Potato Salad	21 Chicken Tortilla Soup Spanish Brown Rice Corn and Black Beans Tortilla Strips Chef's Choice Fruit Oatmeal Raisin Cookie	22 Turkey & Provolone on Whole Wheat French Roll Split Pea Soup Tossed Garden Salad Cottage Cheese, Banana Macaroni Pasta Salad	23 Slow Roasted Beef Mashed Potatoes Peas and Carrots Multigrain Bread Whole Orange
26 Bavarian Bratwurst Diced Parslied Potatoes Sauerkraut Sliced Carrots Fresh Melon	27 Stuffed Green Pepper Whole Wheat Roll Bean Soup Tossed Garden Salad Cottage Cheese, Orange Chocolate Pudding	28 Texas Chili Macaroni and Cheese Country Blend Vegetables Corn Bread Fruit Cup	29 Italian Beef w.Au Jus Whole Wheat French Roll Minnesota Wild Rice Soup Tossed Garden Salad Cottage Cheese, Chilled Pears Beet Salad	30 Baked Pollock w/Lemon Dill Hollandaise Baked Potato California Vegetables Multigrain Bread Lemon Mandarin Pudding

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

Funding is provided in whole or in part by AgeOptions, 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.