Site: Phoenix Community Cafe
Address: 650 E Phoenix Center Dr
City, State Zip: Phoenix IL 60426
Phone: 708-331-2408

OCTOBER 2026 Café Menu

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

Cafe Manager: Stephanie Gasca
Cafe Days: Monday thru Friday
Times: 10am-12pm
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	DELI BAR 9 Bean and Cheese Papusa Fire Roasted Tomato Soup Tossed Garden Salad Cottage Cheese Curtido Cabbage Slaw Fresh Melon
12 CLOSED FOR INDIGENOUS PEOPLE'S DAY!	DELI BAR 13 Polish Sausage Lumberjack Soup Tossed Garden Salad Cottage Cheese Mandarin Oranges Cookie	14 Hamburger German Potato Salad Green Beans Whole Wheat Bun Applesauce	DELI BAR 15 Pepparoni Pizza Calzone Cream of Mushroom & Barley Tossed Garden Salad Cottage Cheese Mandarin Oranges Carrot Raisin 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	DELI BAR 20 BBQ Pork Chop w/Peach BBQ Corn Muffin Broccoli Cheddar Soup Tossed Garden Salad Cottage Cheese Whole Apple | Potato 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	DELI BAR 28 Chicago Style Hot Dog Vegetable Lentil Soup Tossed Garden Salad Cottage Cheese Chilled Peaches Coleslaw	29 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad	DELI BAR 30 Mandarin Orange Chicken Brown Rice Miso Soup Tossed Garden Salad Cottage Cheese Strawberry Yogurt

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.