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

# OCTOBER 2026 MENU

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

Cafe Manager: Stephanie Gasca
Cafe Days: Monday thru Friday
Times: 9am-12pm
Suggested Donation: $4.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1<br>Spaghetti and Meatballs<br>w/Marinara<br>Capri Blen Vegetables<br>Whole Wheat Vienna Bread<br>Chilled Pears | 2<br>Baked Pollock Bella Vista<br>Red Skin Potatoes<br>California Vegetables<br>Multi-Grain Dinner Roll<br>Whole Apple |
| 5<br>Roast Pork and Gravy<br>Au Gratin Potatoes<br>Peas and Carrots<br>Multi-Grain Bread<br>Whole Apple | 6<br>Chicken and Kale Soup<br>Baked Sweet Potatoes<br>Italian Green Beans<br>Multi-Grain Cranberry Roll<br>Chilled Peaches<br>Pea Salad | 7<br>Salisbury Steak and Gravy<br>Mashed Potatoes<br>Sweet Corn<br>Whole Wheat Roll<br>Pineapple Tidbits | 8<br>All Beef Hot Dog<br>Oven Fries<br>Baked Bean Casserole<br>Whole Wheat Bun<br>Banana<br>Fresh Melon | 9<br>Classic Lasagna<br>w/Meat Sauce<br>Broccoli<br>Multi-Grain Bread<br>Chocolate Pudding |
| 12<br>CLOSED<br>FOR<br>INDIGENOUS<br>PEOPLE'S DAY! | 13<br>Spaghetti and Meatballs<br>w/Marinara<br>Mixed Salad Greens<br>Multi-Grain Bread<br>Warm Peach Cobbler<br>Fruit Cup | 14<br>Hamburger<br>German Potato Salad<br>Green Beans<br>Whole Wheat Bun<br>Applesauce | 15<br>Chicken Vesuvio<br>Mashed Potatoes<br>Cauliflower w/Red Peppers<br>Multi-Grain Bread<br>Mandarin Oranges<br>Tri Bean Salad | 16<br>Citrus Alaskan Pollock<br>Rice Vegetable Pilaf<br>Country Blend Vegetables<br>Whole Wheat Roll<br>Garbanzo Bean Salad<br>Fresh Melon |
| 19<br>Cheddar Broccoli<br>Chicken Rice Casserole<br>Cauliflower<br>Multi-Grain Bread<br>Warm Pear and Cranberry<br>Crumble | 20<br>BBQ Riblet<br>Oven Fries<br>Broccoli<br>Whole Wheat Bun<br>Whole Apple<br>Garbanzo Bean Salad | 21<br>Chicken Tortilla Soup<br>Spanish Brown Rice<br>Corn and Black Beans<br>Tortilla Strips<br>Chef's Choice Fruit<br>Oatmeal Raisin Cookie | 22<br>Western Eggs<br>Diced Hashbrown Potatoes<br>Maple Glazed Pears<br>Raisin Bread<br>Juice<br>Banana | 23<br>Hot Roast Beef<br>Mashed Potatoes<br>Peas and Carrots<br>Multi-Grain Bread<br>Whole Orange |
| 26<br>Bavarian Bratwurst<br>Diced Parslied Potatoes<br>Carrots<br>Sauerkruat<br>Fresh Melon | 27<br>Chicken Chardonnay<br>Mashed Potatoes<br>Broccoli<br>Multi-Grain Bread<br>Whole Orange | 28<br>Texas Chili<br>Macaroni and Cheese<br>Country Blend Vegetables<br>Corn Bread<br>Fruit Cup | 29<br>Veal Marsala<br>Scalloped Potatoes<br>Stewed Tomatoes<br>Multi-Grain Bread<br>Chilled Pears<br>Beet Salad | 30<br>Baked Pollock<br>w/Lemont Dill Hollandaise<br>Baked Potato<br>California Vegetables<br>Multi-Grain Bread<br>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.