



DuPage Senior Citizens Council

Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS

630-812-6750

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatball Sub / Marinara Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange 3	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Fresh Melon Oatmeal Raisin Cookie (*) 4	Pizza Calzone Broccoli Sicilian Blend Veggies Mixed Salad Greens Mixed Fruit 5	Lemon Basil Chicken Garden Veggies Corn & Black Beans Cranberry Roll Apple Sauce 6	COLD MEAL Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Whole Wheat Kaiser Roll Pineapple Tidbits 7
Chicken Ala Orange Rice Pilaf & Veggies Northern Beans Raisin Bran Muffin Chilled Peaches 10	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Whole Wheat French Roll Whole Apple 11	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears 12	COLD MEAL Surimi Crab Salad Mixed Salad Greens/Tomato Dilled Cucumbers Whole Wheat Dinner Roll Fruit Cup 13	Hot Dog Baked Potato Casserole Peas & Carrots Whole Wheat Hot Dog Bun Banana 14
BBQ Riblet Sweet Potato Mashed Chef's Veggies Whole Wheat Bun Strawberry Yogurt (*) 17	Hamburger Bean Casserole Mixed Veggies Whole Wheat Bun Fruit Sunburst (*) 18	COLD MEAL BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges 19	Spaghetti & Meatballs Marinara Sauce Capri Blend Veggies Whole Wheat Vienna Bread Chilled Pears 20	Baked Pollock Bella Vista Red Skin Potatoes California Blend Veggies Multi Grain Bread Whole Apple 21
Baked Meatloaf Mashed Potatoes Stewed Tomatoes Multi Grain Bread Whole Orange 24	Eggs / Biscuit & Gravy (Turkey Sausage) Diced Hash Browns Apple Cobbler Juice Banana 25	Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Whole Wheat Dinner Roll Mixed Fruit 26	Asian Glazed Chicken Citrus Brown Rice Broccoli Multi Grain Bread Mandarin Orange Jello Fortune Cookie 27	COLD MEAL Turkey Pasta Salad Lettuce & Tomato Tri Bean Salad Cranberry Roll Pineapple Tidbits 28
Pork Prime Rib Baked Potato Parslied Cauliflower Marble Rye Bread Mixed Fruit 31				

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE

~PLEASE CALL (630) 812-6750, BEFORE 9:00 AM, IF YOU NEED TO CANCEL YOUR DELIVERY~