



DuPage Senior Citizens Council
Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS
630-812-6750

VEGGIE MENU
AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Crumble / Marinara Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange 3	Beef Style Patty Mashed Potatoes Cabbage & Carrots Multi Grain Bread Mixed Fruit 4 Oatmeal Raisin Cookie (*)	Pizza Calzone Broccoli Sicilian Blend Veggies Mixed Salad Greens Mixed Fruit 5	Lemon Basil Chik'n Garden Veggies Corn & Black Beans Cranberry Roll Apple Sauce 6	COLD MEAL Chik'n Style Club & Cheddar Lettuce & Tomato Pea Salad Wheat Kaiser Pineapple Tidbits 7
Chick'n Ala Orange Rice Pilaf & Veggies Northern Beans Raisin Bran Muffin Chilled Peaches 10	Cornmeal Flounder Oven Fries Corn Wheat French Roll Whole Apple 11	Lasagna w / Marinara Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears 12	COLD MEAL Surimi Crab Salad Mixed Salad Greens/ Tomato Dilled Cucumbers Whole Wheat Dinner Roll 13 Fruit Cup	Veggie Hot Dog Baked Potato Casserole Peas & Carrots Wheat Hot Dog Bun Banana 14
BBQ Pork Style Crumble Sweet Potato Mashed Chef's Veggies Sliced Wheat Bun Strawberry Yogurt (*) 17	Beef Style Patty Bean Casserole Mixed Veggies Wheat Bun Fruit Sunburst (*) 18	COLD MEAL BLT Chick'n Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges 19	Spaghetti & Veggie Crumble Marinara Sauce Capri Blend Veggies Wheat Vienna Bread Chilled Pears 20	Baked Pollock Bella Vista Red Skin Potatoes California Blend Veggies Multi Grain Dinner Roll Whole Apple 21
Flame Grilled Patty Mashed Potatoes Stewed Tomatoes Multi Grain Bread Whole Orange 24	Cheese Omelet Diced Hash Browns Apple Cobbler Juice Wheat Biscuit 25 Banana	Italian Style Beef Patty Au Gratin Potatoes Carrots & Chives Whole Wheat Dinner Roll Mixed Fruit 26	Asian Glazed Chick'n Citrus Brown Rice Broccoli Multi Grain Bread Mandarin Orange Jello 27 Fortune Cookie	COLD MEAL Veggie Chick'n Pasta Salad Lettuce & Tomato Tri Bean Salad Cranberry Roll Pineapple Tidbits 28
Cornmeal Flounder Baked Potato Parslied Cauliflower Marble Rye Bread Mixed Fruit 31			All Meals Include a Beverage (*) Substitutions for Diabetic	

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE
~PLEASE CALL (630) 812-6750, BEFORE 9:00 AM, IF YOU NEED TO CANCEL YOUR DELIVERY~