



DuPage Senior Citizens Council

Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS

630-812-6750

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Italian Sausage / Marinara Scalloped Potatoes Brussels Sprouts Whole Wheat Sausage Bun Fresh Melon 1	BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Whole Wheat Sandwich Bun Chilled Pears 2	COLD MEAL Dilled Tuna Salad Sandwich Lettuce & Tomato Garbanzo & Kidney Beans Whole Wheat Kaiser Bun Fruit Cup 3	Chicken Provence Rice Florentine Country Blend Veggies Multi Grain Bread Whole Orange 4
ALL LOCATIONS CLOSED IN OBSERVANCE OF LABOR DAY 7	COLD MEAL Chicken Pasta Salad w/Creamy Parmesan Mixed Salad Greens Herbed Tomato Wedges Multi Grain Bread Pineapple Tidbits 8	Eggs Lorraine (Bacon) Potato O'Brien Blueberry Muffin Fruit Cup Fresh Orange 9	Baked Meatloaf Mashed Potatoes Carrots & Chives Whole Wheat Dinner Roll Chilled Peaches 10	Southern Breaded Fish Au Gratin Potatoes Peas Multi Grain Bread Apple Sauce 11
Meatball Sub / Marinara Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange 14	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Fresh Melon Oatmeal Raisin Cookie (*) 15	Pizza Calzone Broccoli Sicilian Blend Veggies Mixed Salad Greens Mixed Fruit 16	Lemon Basil Chicken Garden Veggies Corn & Black Beans Cranberry Roll Apple Sauce 17	COLD MEAL Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Whole Wheat Kaiser Roll Pineapple Tidbits 18
Chicken Ala Orange Rice Pilaf & Veggies Northern Beans Raisin Bran Muffin Chilled Peaches 21	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Whole Wheat French Roll Whole Apple 22	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears 23	COLD MEAL Surimi Crab Salad Mixed Salad Greens/Tomato Dilled Cucumbers Whole Wheat Dinner Roll Fruit Cup 24	Hot Dog Baked Potato Casserole Peas & Carrots Whole Wheat Hot Dog Bun Banana 25
BBQ Riblet Sweet Potato Mashed Chef's Veggies Whole Wheat Bun Strawberry Yogurt (*) 28	Hamburger Bean Casserole Mixed Veggies Whole Wheat Bun Fruit Sunburst (*) 29	COLD MEAL BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges 30		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~