



DuPage Senior Citizens Council
Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS
630-812-6750

VEGGIE MENU
SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pork Style Crumble Marinara Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon 1	BBQ Chick'n Grill Cheddar Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears 2	COLD MEAL Dilled Tuna Salad Sandwich Lettuce & Tomato Garbanzo & Kidney Beans Wheat Kaiser Bun Fruit Cup 3	Eggplant Provence Rice Florentine Country Blend Veggies Multi Grain Bread Whole Orange 4
ALL LOCATIONS CLOSED IN OBSERVANCE OF LABOR DAY 7	COLD MEAL Chick'n Pasta Salad w/ Creamy Parmesan Mixed Salad Greens Herbed Tomato Wedges Multi Grain Bread 8	Spinach & Swiss Souffle Potato O'Brien Blueberry Muffin Fruit Cup Fresh Orange 9	Beef Style Patty Mashed Potatoes Carrots & Chives Whole Wheat Dinner Roll Chilled Peaches 10	Southern Breaded Fish Au Gratin Potatoes Peas Multi Grain Bread Apple Sauce 11
Veggie Crumble / Marinara Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange 14	Beef Style Patty Mashed Potatoes Cabbage & Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie (*) 15	Pizza Calzone Broccoli Sicilian Blend Veggies Mixed Salad Greens Mixed Fruit 16	Lemon Basil Chik'n Garden Veggies Corn & Black Beans Cranberry Roll Apple Sauce 17	COLD MEAL Chik'n Style Club & Cheddar Lettuce & Tomato Pea Salad Wheat Kaiser Pineapple Tidbits 18
Chick'n Ala Orange Rice Pilaf & Veggies Northern Beans Raisin Bran Muffin Chilled Peaches 21	Cornmeal Flounder Oven Fries Corn Wheat French Roll Whole Apple 22	Lasagna w / Marinara Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears 23	COLD MEAL Surimi Crab Salad Mixed Salad Greens/ Tomato Dilled Cucumbers Whole Wheat Dinner Roll 24 Fruit Cup	Veggie Hot Dog Baked Potato Casserole Peas & Carrots Wheat Hot Dog Bun Banana 25
BBQ Pork Style Crumble Sweet Potato Mashed Chef's Veggies Sliced Wheat Bun Strawberry Yogurt (*) 28	Beef Style Patty Bean Casserole Mixed Veggies Wheat Bun Fruit Sunburst (*) 29	COLD MEAL BLT Chick'n 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~