



DuPage Senior Citizens Council
Providing Meals and More...

DUPAGE - MEALS ON WHEELS

NUTRITION DEPARTMENT

630-812-6750

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ALL MEALS REQUIRE: BREAD AND A BEVERAGE (*) INDICATES A DIABETIC SUBSTITUTION		Chole Rajma White Rice Gobi Paratha Yogurt & Fruit 1	Baignan Bharta Punchranga Dal White Rice Rotis Yogurt & Fruit 2
Fried Rice Manchurain Soup Spring Rolls Yogurt & Fruit 5	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt & Fruit 6	Bagara Baignan Dal Palak Roti Rice Yogurt & Fruit 7	Paneer Lebadedar Yellow Moongdal Jeera Rice Paratha Yogurt & Fruit 8	Potatoes with Gravy Tadka Dal Tamarind Rice Methi Paratha Yogurt & Fruit 9
ALL LOCATIONS CLOSED FOR INDIGENOUS PEOPLES' DAY 12	Kadhai Paneer Tadka Dal Jeera Rice Naan Yogurt & Fruit 13	Samosa Ragda Muthiya Pav Yogurt & Fruit 14	Undhiyu Moong Rice Rotis Yogurt & Fruit 15	Methi Mutter Malai Baked Potato Yellow Rice Paratha Yogurt & Fruit 16
Potato Curry Tadka Dal White Rice Paratha Yogurt & Fruit 19	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt & Fruit 20	Mixed Vegetables Moong White Rice Rotis Yogurt & Fruit 21	Spinich Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt & Fruit 22	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt & Fruit 23
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt & Fruit 26	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt & Fruit 27	Bhindi Masala Moong Yellow Rice Poories Yogurt & Fruit 28	Chole Rajma White Rice Gobi Paratha Yogurt & Fruit 29	Baignan Bharta Punchranga Dal White Rice Rotis Yogurt & Fruit 30

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