



**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:<br>BREAD AND A BEVERAGE<br><br>(*) INDICATES A <b>DIABETIC</b><br>SUBSTITUTION                      |                                                                                                                                                 | Spaghetti & Meatballs<br>Marinara Sauce<br>Capri Blend Veggies<br>Whole Wheat Vienna Bread<br>Chilled Pears <div>1</div>   | Baked Pollock Bella Vista<br>Red Skin Potatoes<br>California Blend Veggies<br>Multi Grain Bread<br>Whole Apple <div>2</div>              |
| Roast Pork & Gravy<br>Au Gratin Potatoes<br>Peas & Carrots<br>Multi Grain Bread<br>Whole Apple <div>5</div>            | Chicken & Kale Soup<br>Baked Sweet Potato<br>Italian Green Beans<br>Cranberry Roll<br>Chilled Peaches <div>6</div>     | Salisbury Steak & Gravy<br>Mashed Potatoes<br>Corn<br>Whole Wheat Roll<br>Pineapple Tidbits <div>7</div>                                        | Hot Dog<br>Oven Fries<br>Bean Casserole<br>Wheat Hot Dog Bun<br>Banana <div>8</div>                                        | Lasagna W/Meat Sauce<br>Broccoli<br>Chef's Choice Veggies<br>Multi Grain Bread<br>Chocolate Pudding (*) <div>9</div>                     |
| <b>ALL LOCATIONS<br/>           CLOSED FOR<br/>           INDIGENOUS<br/>           PEOPLES' DAY</b> <div>12</div>     | Spaghetti & Meatballs<br>Marinara Sauce<br>Mixed Salad Greens<br>Multi Grain Bread<br>Warm Peach Cobbler <div>13</div> | Hamburger<br>German Potato Salad<br>Green Beans<br>Wheat Hamburger Bun<br>Apple Sauce <div>14</div>                                             | Chicken Vesuvio<br>Mashed Potatoes<br>Cauliflower / Red Peppers<br>Multi Grain Bread<br>Mandarin Oranges <div>15</div>     | Citrus Alaskan Pollack<br>Veggie Rice Pilaf<br>Country Blend Veggies<br>Whole Wheat Roll<br>Chick Pea Salad<br>Fresh Melon <div>16</div> |
| Cheddar Broccoli<br>Chicken Rice Casserole<br>Cauliflower<br>Multi Grain Bread<br>Warm Pear/Cran Crumble <div>19</div> | BBQ Riblet<br>Oven Fries<br>Broccoli<br>Wheat Sandwich Bun<br>Whole Apple <div>20</div>                                | Chicken Tortilla Soup<br>Spanish Brown Rice<br>Black Beans & Corn<br>Tortilla Strips<br>Chef's Choice Fruit<br>Oatmeal Cookie (*) <div>21</div> | Western Eggs<br>Hash Brown Potatoes<br>Maple Glazed Pears<br>Raisin Bread<br>Cranberry Juice<br>Fresh Banana <div>22</div> | Hot Roast Beef<br>Mashed Potatoes<br>Peas & Carrots<br>Multi Grain Bread<br>Fresh Orange <div>23</div>                                   |
| Sliced Bavarian Brat<br>/ Cabbage<br>Diced Parslied Potaotes<br>Carrots<br>Rye Bread<br>Fresh Melon <div>26</div>      | Chicken Chardonnay<br>Mashed Potatoes<br>Broccoli<br>Tri Bean Salad<br>Multi Grain Bread<br>Fresh Orange <div>27</div> | Texas Chili<br>Macaroni & Cheese<br>Country Blend Veggies<br>Corn Bread<br>Fruit Cup <div>28</div>                                              | Veal Marsala<br>Scalloped Potatoes<br>Stewed Tomatoes<br>Multi Grain Bread<br>Chilled Pears <div>29</div>                  | Lemon /Dill Baked Pollock<br>Baked Potato<br>California Blend Veggies<br>Multi Grain Bread<br>Lemon Mandarin Pudding (*) <div>30</div>   |

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