



DuPage Senior Citizens Council
Providing Meals and More...

DUPAGE - MEALS ON WHEELS

NUTRITION DEPARTMENT

630-812-6750

OCTOBER 2026

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