

## Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TURKEY BREAST WITH STUFFING & GRAVY, POTATOES, SPINACH, WHEAT BREAD, FRUIT COCKTAIL	2 HOMESTYLE CHILI, SPIRAL NOODLES, DICED CARROTS, CORN MUFFIN	3 BEEF STROGANOFF WITH RICE, GREEN GARDEN PEAS, 4-BEAN SALAD, WHEAT BREAD	4 BBQ BEEF, POTATOES O'BRIEN, BROCCOLI, FRUIT JUICE, FRUITED GELATIN, SUGAR FREE GELATIN	5 CHICKEN PARMIGIANA, MASHED POTATOES, SALAD, ITALIAN DRESSING, MIXED VEGETABLES, CHOCOLATE MUFFIN
8 SWEEDISH MEATBALLS, MASHED POTATOES, LIMA BEANS, ORANGE PINEAPPLE JUICE, BREAD, APPLE, OATMEAL COOKIE, da-GRAHAM CRACKERS	9 ORIENTAL BEEF WITH BROCCOLI, WHITE RICE, PEAS & CARROTS, GRAPE JUICE, BREAD, PEARS	10 ITALIAN CHICKEN BREAST, MIN-ESTRONE SOUP, RED SKIN POTATO WEADGES, ORANGE JUICE, BIRTHDAY CUPCAKE, da-GRAHAM CRACKERS	11 ROAST PORK WITH GRAVY, CHEESY MASHED POTATOES, BRUSSEL SPROUTS & CARROTS, BREAD, APPLE SAUCE	12 CHEESE RAVIOLI, ZUCCHINI IN ITALIAN SAUCE, SALAD, BREAD, APPLE
15 VEAL PARMISIAN, MASHED POTATOES, PEAS & CARROTS, BREAD, PEARS	16 SMOKED SAUSAGE, BAKED BEANS, COUNTRY BLEND VEGETABLES, SLICED PEACHES	17 BEEF STEW WITH POTATOES & VEGETABLES, SUCCOTASH, APPLE CRANBERRY JUICE, BREAD, DATE NUT BREAD	18 CHICKEN WITH BROCCOLI AND CHEESE, POTATOES, GREEN BEAN ALMONDINE, BANANA, APPLE TURNOVER	19 SALISBURY STEAK WITH GRAVY, BEAN SOUP WITH DICED HAM, MIXED VEGETABLES, TOSSED SALAD
22 FETTUCCHINI ALFREDO WITH CHICKEN, GLAZED CARROTS, GRAPE JUICE, ROLL, APRICOT HALVES	23 MEATLOAF WITH JARDINIERE, MASHED SWEET POTATOES, VEG. SOUP, ORANGE PINEAPPLE JUICE, BANANA NUT BREAD	24 GRILLED CHICKEN FILLET, CUT GREEN BEANS, BEET AND ONION SALAD, BUN, PINEAPPLE CHUNKS	25 BEEF CHOP SUEY WITH ORIENTAL VEGETABLES, WHITE RICE, BROCCOLI, CARROTS & WATER CHESTNUTS	26 VEGETABLE LASAGNA, STEWED TOMATOES, TOSSED SALAD, ITALIAN DRESSING
29 TURKEY BREAST WITH STUFFING & GRAVY, MASHED POTATOES, SPINACH, BREAD, FRUIT COCKTAIL	30 HOMESTYLE CHILI, SPIRAL NOODLES, DICED CARROTS, CORN MUFFIN, CINNAMON APPLES, da-APPLE JUICE	31 BEEF STROGANOFF WITH RICE, GREEN GARDEN PEAS, 4-BEAN SALAD, WHOLE WHEAT BREAD, FRESH ORANGE		<b>MARCH 2010</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU NOT AVAILABLE AT THE TIME OF PRINTING				
		SPONSORED BY UNITED WAY	SPONSORED BY N.E. AREA A GENCY ON AGING	<b>APRIL 2010</b>

**Meals provided by**  
**Senior Services of Will County**  
*The Nutrition Program asks you to make a contribution toward your meal. A suggested donation of \$2.00 is appreciated.*  
**Make reservations 2 days in advance**  
**Mon – Fri 8:30 am – 12:30 pm**

### NUTRITION PROGRAM Needs Your Help!

**VOLUNTEER  
OPPORTUNITIES  
AVAILABLE:  
TUESDAY DRIVER  
SUBSTITUE DRIVERS**  
**Call 630-759-3411  
& ask for Jeanne**