Chicago Methodist Senior Services
125 Years

West Suburban Senior Center
September 2025

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

PMonday	Tuesday	Wednesday	Thursday	Friday
	2 Italian Sausage/Marinara Scalloped Potatoes Brussels Sprouts Whole Wheat Bun Fresh Melon	3 BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Whole Wheat Bun Chilled Pears	4 Dilled Tuna Salad Sandwich Lettuce & Tomato Garbanzo & Kidney Beans W/ Slivered Carrots Balsamic Whole Wheat Kaiser Fruit Cup	5 Chicken Marbella Rice Florentine Country Blend Vegetables Multi Grain Bread Whole Orange
8 Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup	9 Chicken W/ Creamy Parmesan Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi– Grain Bread Pineapple Tidbits	10 **DELI BAR** Italian Beef Whole Wheat French Roll Cream of Broccoli Tossed Garden Salad Cottage Cheese, Mandarin Oranges, Potato Salad	11 Baked Meatloaf W/Country Gravy Mashed Potatoes Carrots & Chives Multi Grain Dinner Roll Fresh Melon	12 Potato Crusted Fish Filet Au Gratin Potatoes Peas, Applesauce Whole Wheat Bread
15 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	16 Salisbury Steak Mashed Potatoes/ Gravy Cabbage & Carrots Multi Grain Bread Mixed Fruit, Oatmeal Raisin Cookie	17 Roasted Turkey Breast & Wisconsin Cheddar Whole Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tidbits	18 Lemon Basil Chicken Garden Vegetables Corn & Black Beans Multi Grain Dinner Roll Applesauce Banana	19 Veal Parmesan Penne Pasta/ W/ Marinara Sauce Broccoli Whole Wheat Roll Fresh Melon
22 ***Goodbye Summer Patio Pizza Party*** Cheese/Sausage pizza Tossed Salad Fruit/Dessert **Suggested Donation $5**	23 French Dip of Beef W/ Mushrooms & Onions Oven Fries, Corn Whole Wheat French Roll Whole Apple	24 Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	25 Surimi Crab Salad Mixed Salad Green W/ Tomato Wedges Dilled Cucumbers Apple Cinnamon Muffin Fruit Cup	26 ***National Senior Center Month Celebration***
29 **Sandwich/Salad** Shaved Turkey & Cheese Lettuce & Tomato Garnish Pasta Salad Wheat Bread Applesauce	30 **DELI BAR** Cheeseburger, Wheat Bun Tomato Florentine Soup Tossed Garden Salad Cottage Cheese, Fruit Jello Macaroni Salad			

West Suburban Senior Center ("Bellwood Café") **439 Bohland Ave, Bellwood, IL 60104**
Open Mon—Fri, 9 AM—2 PM. Meals served at 11:30 AM.
Suggested donations: Meals $3.50, Deli Bar $4.00

For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, **REFRIGERATE IT RIGHT AWAY!** Do not leave your food sitting out. Each meal served with low-fat milk.

Café Manager: Cyd Porter, 224-446-5163

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS Funds in whole or in part for this publication were provided through an award from AgeOptions under title 111 of the Older Americans Act as administered through the Illinois Department on Aging and federal Administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act, the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial 1-800– 252-8965. (Voice and TD). Funding in part is provided by AgeOptions.