## DuPage Senior Citizens Council Providing Meals and More... NUTRITION DEPARTMENT-MEALS ON WHEELS 630-812-6750

## **JANUARY 2025**

Mashed Potatoes Peas & Carrots Wheat Bread Fresh Orange  6  Sliced Bavarian Brat/ Cabbage Diced Parslied Potatoes Carrots Rye Bread Fresh Melon  13  ALL LOCATIONS  Oven Black Wheat Whole Whole Whole Whole Whole Whole Fresh Chicke Mashe Brocco Multi Fresh Choco Turkey	Riblet n Fries k Beans & Corn at Bun le Apple 7 ken Chardonnay hed Potatoes	Texas Chili	Veal Marsala	FRIDAY  Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Dinner Roll Chick Pea Salad Fresh Melon  Chicken Breast Parmesan Penne Pasta / Marinara Squash Medley Wheat Vienna Bread Chilled Peaches  10  Baked Pollock w/Lemon
Beverage (*) Substitutions for  Diabetic  Hot Roast Beef Mashed Potatoes Peas & Carrots Wheat Bread Fresh Orange  Sliced Bavarian Brat/ Cabbage Diced Parslied Potatoes Carrots Rye Bread Fresh Melon  13  ALL LOCATIONS  BBQ F Oven Black Wheat Whole Mashe Brocco Multi G Fresh Choco Tag  Turkey	n Fries k Beans & Corn at Bun le Apple <b>7</b> ken Chardonnay	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY  1 Roast Turkey w/Cheddar Veggie Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie (*) 8 Texas Chili	Mashed Potatoes Cauliflower & Red Peppers Wheat Bread Mandarin Oranges  2 Western Strata Bake Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Fresh Banana  9 Veal Marsala	Veggie Rice Pilaf Country Blend Veggies Multi-Grain Dinner Roll Chick Pea Salad Fresh Melon  Chicken Breast Parmesan Penne Pasta / Marinara Squash Medley Wheat Vienna Bread Chilled Peaches
Mashed Potatoes Peas & Carrots Wheat Bread Fresh Orange  6  Sliced Bavarian Brat/ Cabbage Diced Parslied Potatoes Carrots Rye Bread Fresh Melon  13  ALL LOCATIONS  Oven Black Wheat Whole Whol	n Fries k Beans & Corn at Bun le Apple <b>7</b> ken Chardonnay	Roast Turkey w/Cheddar Veggie Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie (*) 8	Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Fresh Banana  9 Veal Marsala	Chicken Breast Parmesan Penne Pasta / Marinara Squash Medley Wheat Vienna Bread Chilled Peaches
Cabbage Diced Parslied Potatoes Carrots Rye Bread Fresh Melon  13  Mashe Brock Multi Check Fresh Chock Turket	•			Baked Pollock w/Lemon
ALL LOCATIONS Turkey	coli i Grain Bread h Orange colate Pudding (*)	Mac & Cheese Country Blend Veggies Multi Grain Bread Fruit Cup	Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears	Baked Potato California Blend Veggies Wheat Bread Lemon Mandarin Pudding (*)
CLOSED IN Peas of Multi 0	ey Pot Roast & Gravy	Spaghetti & Meatballs Marinara Sauce Broccoli Wheat Vienna Chilled Peaches	Chicken Tenders Country Gravy Bread Stuffing Mashed Sweet Potatoes Northern Bean & Tomatoes Whole Apple	Surimi Crab Alfredo Penne Pasta Zucchini w/Peppers,Onions Chef Choice Veggies Multi Grain Dinner Roll Fruit Cup
Cauliflower Mash Potatoes Mixed Veggies Whole Wheat Roll Oven Carrot Wheat	Pulled Pork n Fries ot Raisin Salad at Bun m Apple Crumble	Miso Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello	Cheese Omelette Hash Browned Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt Fresh Orange	Swedish Meatballs Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon