



Stars-N-Stripes Cafe Home Delivered Meals

OCTOBER 5 -9, 2026

\$4 for 60+, \$6 for younger



Name: _____

Monday

- Grilled Cheese with Tomato Soup
- Baked Chicken with Roasted Vegetables *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Tuesday

- Swedish Meatballs
- Chicken Taquitos *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday

- Lasagna Roll-ups
- Chicken & Mushrooms with Rice *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Thursday

- Beef Stew
- Chicken & Dumplings *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday

- Beer & Pizza
- Tuna Melt *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Menu items subject to change

* **Diabetic Friendly | Customize by substituting carbs with a side salad.**

HANOVER TOWNSHIP AGING SERVICES (630) 483-5600 240 S. IL ROUTE 59 BARTLETT, IL 60103



Funding provided in whole or in part by AgeOptions

Stars-N-Stripes Cafe Home Delivered Meals

OCTOBER 12 - 16, 2026

\$4 for 60+, \$6 for younger



Name: _____

Monday

- Chili Mac with Cornbread
- Chicken Drumsticks with Mashed Potatoes & Corn*
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Tuesday

- Beef Burrito
- Chicken with Spanish Rice *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday

- Cheese Omelette
- Tortellini with Chicken, Spinach & Fresh Mozzarella *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Thursday

- Meatloaf
- Chicken & Broccoli with Rice*
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday

- Biscuits & Sausage Gravy
- Tilapia *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Menu items subject to change

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Stars-N-Stripes Cafe Home Delivered Meals

OCTOBER 19 - 23, 2026

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Name: _____

Monday - Meatless Monday

- Vegetable Soup & Bosco Stick
- Breakfast Croissant*
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Tuesday

- Butternut Squash Ravioli
- Chicken Burrito *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday

- Shepard's Pie
- Chicken & Peppers with Rice*
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Thursday

- Beef Stroganoff over Egg Noodles
- Apple Salad *

Served with Seasonal Fruit and Vegetables

Friday

- Pulled Pork
- Crispy Chicken & Vegetables *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Menu items subject to change

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Stars-N-Stripes Cafe Home Delivered Meals

OCTOBER 26 - 30, 2026

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Name: _____

Monday

- Cabbage Roll
- Chicken Chili with White Beans *
- Mixed Green Salad with Protein and Roll
- Served with Seasonal Fruit and Vegetables

Tuesday

- Sloppy Joes
- Enchilada *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Wednesday

- Pepper Steak
- Shredded BBQ Chicken *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Thursday

- Calzone
- Chicken Piccata *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Friday

- Ribs
- Hot Ham & Cheese *
- Mixed Green Salad with Protein and Roll

Served with Seasonal Fruit and Vegetables

Menu items subject to change

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