

Good
Food
Brighter
Days

ILLINOIS VALLEY SENIOR NUTRITION

Jerseyville: 618-498-3483 | Carrollton: 217-942-6414
Carlinville: 217-716-2337 | Benld: 217-835-3174

OCTOBER
2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Beef and Noodles
Dinner Roll
Mixed Vegetables
Pears

6

Sausage Patties w/ Gravy
Biscuit
Oven Roasted Potatoes
Brussel Sprouts
Pineapple

7

Hamburger Casserole
Dinner Roll
Mixed Vegetables
Butter Beans
Applesauce

1

Chicken Salad/ Bread
Tomato Soup
Good Vegetable Salad
Peaches

2

Beef Pepper Steak/ Bread
Parsley Potatoes
Peas & Carrots
Pineapple

12

CLOSED

13

Chicken Pot Pie
Biscuit
Tomato Salad
Tropical Fruit

14

Beef Stroganoff
Bread
Corn
Spinach
Fruit Cocktail

15

Ham & Beans
Cornbread
Pickled Beets
Plums

16

Country Fried Steak
Dinner Roll
Mashed Potatoes/ Gravy
Carrots
Pears

19

Swedish Meatballs w/ Noodles
Bread
Spinach
Peaches

20

Chicken Breast Patty
Hamburger Bun
Au Gratin Potatoes
Baked Beans
Tropical Fruit

21

Spaghetti w/ Ground Beef
Garlic Bread
California Blend
Pineapple

22

Ham Salad
Bread
Broccoli Cheese Soup
3 Bean Salad
Mandarin Oranges

23

Pork Chops
Bread
Asparagus
Sweet Potatoes
Apricots

26

Turkey Pot Pie
Biscuit
Coleslaw
Fruit Cocktail

27

Ham & Au Gratin Potatoes
Bread
Spinach
Mixed Fruit

28

Smotherd Chicken Breast
Bread
Mashed Potatoes w/ Gravy
Peas & Carrots
Pineapple

29

Beef & Bean Vegetable Soup
Dinner Roll
Tomato Salad
Pears

30

Chili w/ Beans
Hot Dog w/ Bun
Coleslaw
Applesauce

Reservations must be made
by 11:00 am daily.
Please notify your center of
any cancellations.

If you are in need of a diabetic
dessert substitute, please notify
your local nutrition site.

Menu subject to change
based on product availability.
2% milk served daily

Please make checks payable to
IVEDC, PO Box 431,
Jerseyville, IL 62052

Approved by: Rebecca Shinn, RD LDN