

**SCRUMPTIOUS MAIN COURSES**

<b>Pot Roast</b> .....	\$7.50
Slow roasted tender beef, garlic mashed potatoes, delicious thick brown gravy and carrots	
<b>Beef Stew</b> .....	\$8.50
Tender beef, carrots and potatoes in a delicious gravy	
<b>Chicken Divan</b> .....	\$7.25
Tender boneless chicken breast baked with fresh broccoli in a creamy cheddar sauce over rice pilaf	
<b>Tuna Noodle Casserole</b> .....	\$4.50
Old-fashioned recipe, topped with potato chips	
<b>Chicken Rice Casserole</b> .....	\$5.25
White and wild rice, bite sized chicken breast in a creamy chicken & mushroom sauce, topped with parmesan breadcrumbs	
<b>White Chili</b> .....	\$5.95
Homemade, loaded with chicken and topped with Monterey Jack cheese	
<b>Chicken Pot Pie</b> .....	\$4.95
<b>Chicken Parmesan</b> .....	\$6.95
Moist chicken covered in mozzarella, parmesan and marinara, garlic and olive oil linguine, choice of vegetable	
<b>Roast Turkey Breast</b> .....	\$6.95
Moist turkey breast, homemade stuffing, delicious gravy, choice of vegetable	

<b>Roast Beef</b> .....	\$7.50
Tender top round, brown gravy, mashed potatoes, choice of vegetable	
<b>Roast Chicken Breast</b> .....	\$5.95
Tender boneless chicken breast, gravy, mashed potatoes, choice of vegetable	
<b>Roast Pork</b> .....	\$6.95
Tender, juicy pork roast, mashed potatoes, pork gravy, choice of vegetable	
<b>Salisbury Steak</b> .....	\$6.75
Tasty patty, gravy, mashed potatoes, choice of vegetable	
<b>Grilled Salmon</b> .....	\$8.95
Lemon peppered grilled salmon, rice pilaf, choice of vegetable	
<b>Fiesta Tilapia</b> .....	\$7.95
Tortilla crusted tilapia (mildly spicy), with mushroom rice pilaf cooked in chicken broth, choice of vegetable	
<b>Baked Ham</b> .....	\$6.95
Glazed baked ham and au gratin potatoes, choice of vegetable	
<b>Beef Burgundy</b> .....	\$8.95
Tender steak tips and mushrooms in brown gravy, choice of vegetable	
<b>Swedish Meatballs</b> .....	\$7.75
Meatballs in creamy gravy with egg noodles, choice of vegetable	

**VEGETABLE CHOICES INCLUDE: Broccoli, Carrots, Cauliflower, Corn, Green Beans or Peas.**

**HEARTY HOMEMADE SOUPS**

<b>Chicken Noodle</b> .....	\$2.95	<b>Split Pea with Ham</b> .....	\$2.95
<b>Vegetable Beef</b> .....	\$3.50	<b>Clam Chowder</b> .....	\$4.50
<b>Cream of Chicken Rice</b> .....	\$4.75	<b>Stuffed Green Pepper</b> .....	\$3.95
<b>Cream of Mushroom</b> .....	\$3.95	<b>Chili</b>	
		Old-Fashioned Chili with beans.....	\$4.50

**SIDES**

<b>Baked Beans</b> .....	\$1.45
<b>Escaloped Apples</b> .....	\$2.05
<b>Mashed Potatoes</b>	
Garlic or Plain .....	\$1.65
<b>Rice Pilaf</b> .....	\$1.35
<b>Mac &amp; Cheese</b> .....	\$1.70
<b>Linguine</b> .....	\$1.20
<b>Stuffing</b> .....	\$1.45
<b>Praline Sweet Potatoes</b> .....	\$2.45
<b>Au gratin Potatoes</b> .....	\$1.55
<b>Creamed Spinach</b> .....	\$2.45
<b>Hash Brown Casserole</b> .....	\$2.05
<b>Spaghetti with Marinara</b> .....	\$1.50
<b>Double Stuffed Potato</b>	
Cheddar Bacon or Sour Cream & Chives.....	\$2.70

**DELIVERIES** are on Tuesday (order by Friday) and Friday (order by Wednesday). \$5.00 Delivery Fee, NO TIPPING!

**PAYMENT METHODS:** Cash, Check or Credit Card

**DELIVERY AREA:** Brookfield, Burr Ridge, Clarendon Hills, Countryside, Darien, Hinsdale, Indian Head Park, La Grange, LaGrange Park, North Riverside, Riverside, Westchester, Western Springs, Westmont, Willowbrook



**630-323-7231**  
MaryAndMikeCare.com

Home Helpers Home Care  
123 E. Ogden Ave., Ste. 102A  
Hinsdale, IL 60521

AVAILABLE EXCLUSIVELY THROUGH HOME HELPERS



## Home Helpers Home Care of Hinsdale

and

## Casey's Market in Western Springs

have teamed up to provide a line of delicious, home-cooked meals that are delivered to your door.

Good old-fashioned dishes, specifically developed for older adults, most Kate's Comfort Food meals include a side and choice of vegetable.

Meals are prepared by Casey's and delivered by Home Helpers in special containers that are both microwave and oven safe. They can also be stored in the freezer.

All meals come with heating instructions.



**MEALS FOR ONE, DELIVERED TO YOUR DOOR**

## Need a little extra help at home?

As everyday life becomes more challenging, a little help can go a long way. The professional caregivers at **Home Helpers** provide a safe, affordable way to remain active and independent in the comfort of home longer than might otherwise be possible.

### **The Home Helpers Difference:**

- State Licensed
- Caregivers Supervised by an RN
- No Long-Term Commitments
- 1 Hour a Day to 24/7 Live-In – You Decide!
- Locally Owned and Operated
- No Advance Payment Required
- Drug-Free Agency
- No Weekend or Night Differential
- Medical Services Available

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**Home  
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Meals**  
*for older  
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