

**630-323-7231**

**SCRUMPTIOUS MAIN COURSES**

- Pot Roast** ..... \$7.95  
Slow roasted tender beef, garlic mashed potatoes, delicious thick brown gravy and carrots
- Beef Stew** ..... \$7.95  
Tender beef, carrots and potatoes in a delicious gravy
- Chicken Divan** ..... \$7.50  
Tender boneless chicken breast baked with fresh broccoli in a creamy cheddar sauce over rice pilaf
- Tuna Noodle Casserole**..... \$5.95  
Old-fashioned recipe, topped with potato chips
- Chicken Rice Casserole**..... \$7.25  
White and wild rice, bite sized chicken breast in a creamy chicken & mushroom sauce, topped with parmesan breadcrumbs
- White Chili** ..... \$6.95  
Homemade, loaded with chicken and topped with Monterey Jack cheese
- Chicken Pot Pie** ..... \$5.25
- Chicken Parmesan** ..... \$6.95  
Moist chicken covered in mozzarella, parmesan and marinara, garlic and olive oil linguine
- Roast Beef**..... \$7.50  
Tender top round, brown gravy, mashed potatoes

- Roast Turkey Breast**..... \$6.95  
Moist turkey breast, homemade stuffing, delicious gravy
- Roast Chicken Breast**..... \$6.95  
Tender boneless chicken breast, gravy, mashed potatoes
- Roast Pork**..... \$6.95  
Tender, juicy pork roast, mashed potatoes, pork gravy
- Salisbury Steak**..... \$6.95  
Tasty patty, gravy, mashed potatoes
- Grilled Salmon** ..... \$10.50  
Lemon peppered grilled salmon, rice pilaf
- Fiesta Tilapia** ..... \$7.95  
Tortilla crusted tilapia (mildly spicy), with mushroom rice pilaf cooked in chicken broth
- Baked Ham**..... \$6.95  
Glazed baked ham and au gratin potatoes
- Beef Burgundy**..... \$8.95  
Tender steak tips and mushrooms in brown gravy
- Swedish Meatballs** ..... \$7.75  
Meatballs in creamy gravy with egg noodles

HomeHelpersHomeCare.com/Hinsdale

**SIDES**

- Escaloped Apples**..... \$3.25
- Praline Sweet Potatoes** ..... \$2.50
- Creamed Spinach**..... \$2.95
- Mac & Cheese**..... \$2.75
- Spaghetti with Marinara**..... \$2.50
- Double Stuffed Potato**  
Cheddar Bacon or Sour Cream & Chives..... \$2.95
- Hash Brown Casserole**..... \$2.75
- Vegetables**  
Broccoli, Carrots, Cauliflower, Corn, Green Beans, Peas..... \$1.25

**DELIVERIES** are on Friday (order by Wednesday) between 10a-12p. \$5.00 Delivery Fee, NO TIPPING!

**PAYMENT METHODS:** Check or Credit Card

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

**HEARTY HOMEMADE SOUPS**

- Chicken Noodle** ..... \$3.95
- Vegetable Beef**..... \$3.95
- Cream of Chicken Rice** ..... \$4.75
- Cream of Mushroom**..... \$3.95
- Split Pea with Ham**..... \$3.95
- Clam Chowder**..... \$5.00
- Stuffed Green Pepper** ..... \$4.75
- Chili**  
Old-Fashioned Chili with beans..... \$4.75



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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
- 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

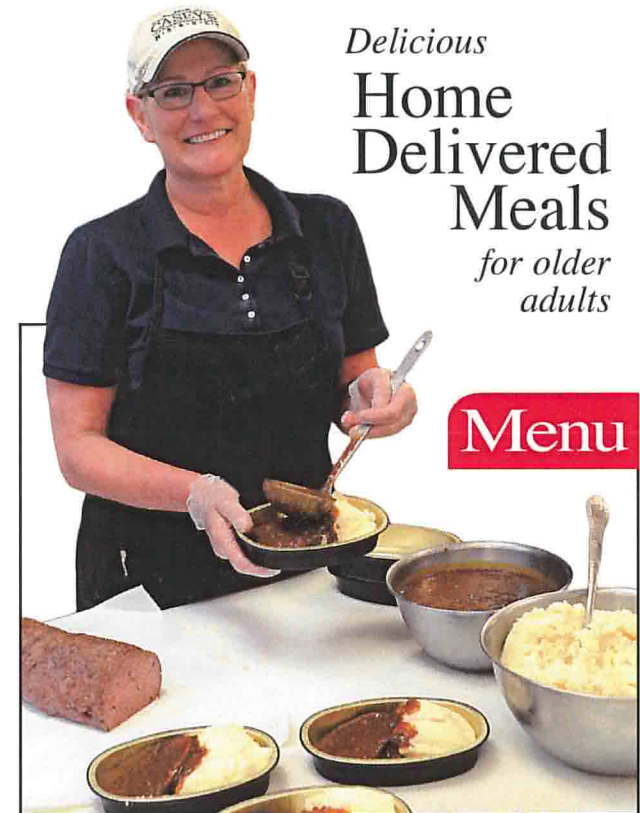
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*Delicious*  
Home  
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Meals  
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adults*



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