



OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
Senior Meals Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Service from 11:30am Until 12:30pm	L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard		Ham Whipped Sweet Potato Green Beans WW Roll w/Margarine Pear Vanilla Yogurt	Swedish Meatball w/sauce Brown Rice Broccoli Salad w/ dressing Tropical Fruit Salad
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Artichoke Chicken Brown Rice Sicilian Vegetables Tossed Salad w/Dressing Diced Peaches	Herbed Baked Cod Cilantro Lime Slaw w/ Pico Roasted Zucchini Brown Rice Avocado Pineapple Chunks	BBQ Pork Sandwich Black Eyed Peas Collard Greens Fruit Salad	Chinese Chicken Salad Napa Cabbage, Shredded Red Cabbage, diced Chicken, Carrots Green Onion, cilantro Fortune Cookie Mandarin Oranges	Roasted Pork Loin Herb roasted Potatoes Winter blend Vegetables WW Roll w/ margarine warm apple slices
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Closed Indigenous People's Day All Centers Closed	GC Pork Stew Salad w/ Dressing Tortilla Diced Peaches	Beef Pot Pie Beef, potatoes, mixed veggies Salad w/ dressing WW Roll w/ margarine Fruit Compote Vanilla Pudding	Stuffed Chicken Breast Spinach & Cheese Parsley Potatoes Green Beans WW Roll w/Margarine Spiced Pears	Frito Pie Beef, Fritos, & RC Lettuce & Onion Pinto Beans Capri Vegetables Banana
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Sesame Ginger Chicken Brown Rice Stir Fry Vegetables Vegetable Egg Roll Orange	Hot Dog Grilled Onions Potato Wedges California Blend Veggies Vanilla Yogurt Mixed Berries	Santa Fe Chicken Chuckwagon Vegetables Cilantro Lime Brown Rice Squash w/ Diced Tomatoes Fruit Cocktail	Meatloaf Mashed Potatoes w/ Gravy Vegetable Medley WW Roll w/Margarine Salad w/ dressing Apricots	Closed Bi-Annual Staff Training
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Salisbury Steak w/gravy Parsley Potatoes Carrots and Green Beans Salad w/ dressing WW Roll w/ Margarine Mixed Fruit	Garden Salad w/ Chicken Lettuce, Cabbage, Carrots Cucumber, tomato, egg WW Roll w/ Margarine Tropical Fruit Salad	Stuffed Bell Pepper Roasted Cauliflower Salad w/ dressing WW Roll w/ margarine Peaches	Pineapple Glazed Chicken Island Blend Vegetables Brown Rice Salad w/ dressing Pineapple Tidbits Fresh Banana	Beef Ghoulish Capri Vegetables WW Roll w/ margarine Baked Cinnamon Apples Peanut Butter Cookie

Final Menu