

MONTHLY MENU OCTOBER 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TECH CONNECT

On the fourth Monday of every month, our tech support group will be onsite during lunch to answer questions and provide help with your phones, laptops or tablets

DOORS OPEN AT 10:30AM

Senior lunch is available for \$5.00 for anyone 50-years or older, and \$12.00 for anyone under 50-years who is accompanying a senior. Serving starts promptly at 11:15AM.



1

Chicken Noodle Soup
Grilled Cheese Salad/Roll
Fruit



2

Crab Cake
Vegetable Farro
Salad/Roll
Dessert

5

Sweet & Sour Meatballs
Vegetable Rice
Salad/Roll
Fruit



6

Vegetarian Chili
Brussel Sprouts
Sweet Potato Salad/Corn Bread
Fruit

7

Scrambled Eggs
Hash Browns
Sausage Salad/Roll
Fruit



8

Birthday Lunch

Pork Loin
Vegetable Mashed Potatoes
Salad/Roll
Dessert

9

Tilapia
Vegetable Barley
Salad/Roll
Fruit



12

Chicken Fettuccine Alfredo
Vegetable
Salad/Garlic Bread
Fruit

13

BBQ Pulled Pork on Bun
Vegetable
Macaroni Salad
Salad/Roll
Fruit



14

Roasted Chicken
Vegetable Baked Potato
Salad/Roll
Fruit

15

Turkey Stuffed Bell Pepper
Vegetable
Sweet Potato
Salad/Roll
Fruit



16

Fish Taco
Vegetable Mexican Rice
Coleslaw/Roll
Dessert

19

Vegetable Lasagna
Spinach
Salad/Garlic Bread
Fruit



20

Turkey Burger
Vegetable Baked Fries
Salad/Roll
Fruit

21

Orange Chicken
Vegetable Rice
Salad/Roll
Fruit



22

Salisbury Steak
Vegetable Baked Potato
Salad/Roll
Fruit

23

Curried Shrimp
Pasta
Vegetable
Salad/Roll
Dessert

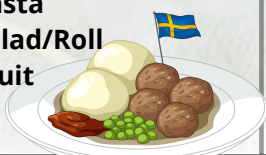


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Herb Chicken
Vegetable Farro
Salad/Roll
Fruit

27

Swedish Meatballs
Vegetable Pasta
Salad/Roll
Fruit



28

Bean & Cheese Burrito
Vegetable Mexican Rice
Salad/Roll
Fruit

29

BBQ Chicken
Vegetable Baked Fries
Salad/Roll
Fruit



30

Fish Veracruz
Vegetable
Salad/Roll
Dessert

