

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Senior Center Menu

				Vegetable Lasagna ¹ Peas Carrots Orange Slices Milk	Pork & Sauerkraut ² Potatoes Au Gratin Succotash Apple Crisp Milk	
						Simchat Torah Begins
	Veggie Patty with Cheese ⁵ on a Bun Lettuce & Tomato Brussels Sprouts Potato Wedges Peaches/Milk	Chicken & Dumplings ⁶ Green Beans Carrots Fresh Fruit Milk	Beef Goulash ⁷ (Beef, Vegetables, Pasta) Lima Beans Ice Cream Milk	Baked Fish Filet ⁸ Tartar Sauce Rice Medley Sauteed Spinach with Garlic Applesauce/Milk	Beef Tacos ⁹ (Soft Tacos & Meat) Lettuce, Tomato, Cheese Sour Cream Spanish Rice Red Beans Mandarin Oranges Milk	
	Centers Closed ¹² 	Stuffed Chicken ¹³ Breast Rice Sauteed Squash Cookies Milk	Stuffed Cabbage with ¹⁴ Sauce Mashed Potatoes Pacific Medley Vegetables Pudding Cup/Milk	Chef Salad (Turkey, ¹⁵ Ham, Swiss) Macaroni Salad Fresh Fruit Milk	Manicotti with Sauce ¹⁶ Brussels Sprouts Zucchini Peaches Milk	
	Gyro on Pita ¹⁹ Tzatziki Sauce Green Beans Rice Pilaf Orange Slices Milk	Chicken Stir-Fry ²⁰ Fried Rice Sauteed Asian Vegetables Mandarin Oranges Milk	Pot Roast with Gravy ²¹ Buttered Noodles Peas Pineapples Milk	Swedish Meatballs ²² with Gravy Roasted Red Potatoes Carrots Cake Milk	Chicken Piccata ²³ Pasta Broccoli Applesauce Milk	
	Chicken Strips in ²⁶ Garlic Sauce Potato Puffs String Beans Peaches Milk	Rigatoni & Meatballs ²⁷ Marinara Sauce Brussels Sprouts Beets & Onions Fresh Fruit Milk	Jager Schnitzel with ²⁸ Mushroom & Tomato Cream Sauce Noodles Red Cabbage Fruit Crisp/Milk	Shepherd's Pie ²⁹ Broccoli Carrots Pineapples Milk	Meatloaf ³⁰ Mashed Potatoes Gravy Creamed Spinach Applesauce Milk	
						Halloween