

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Cost Age 60+ - \$3.00 Suggested Donation Under Age 60 - \$15.00	<i>The Nutrition Program is supported by Senior Resources with Title III funds provided through the Older Americans Act.</i>		1 LASAGNA WINTER BLEND VEG 1 BREAD STICK PINEAPPLE	2 STUFFED CABBAGE CASSEROLE CARROT COINS PEACH SHORTCAKE
5 CHICKEN FLORENTINE RICE PILAF SCANDINAVIAN BLEND PEARS	6 MANICOTTI PESTO CREAM SAUCE WINTER BLEND VEG MANDARIN ORANGES	7 POT ROAST W/ GRAVY MASHED POTATOES GREEN BEANS FRUIT COCKTAIL	8 CHICKEN DIVAN BROWN RICE SONOMA BLEND VEG PEACHES	9 SALMON CRANBERRY GLAZE ROASTED POTATOES ASPARAGUS BLEND TROPICAL FRUIT
12 CLOSED INDIGENOUS PEOPLES' DAY	13 SWEDISH MEATBALLS NOODLES PEAS SAUTED APPLES	14 CHICKEN CUTLET SANDWICH POTATO WEDGES 3-BEAN SALAD PINEAPPLE	15 PORK ROAST APPLE CIDER GLAZE SWEET POTATOES BRUSSELS SPROUTS APPLE SAUCE 1 OATMEAL RAISIN COOKIE	16 TACO SALAD 1 ORANGE
19 SAUSAGE & PEPPERS GRINDER MIXED VEGETABLES PEACHES	20 BAKED COD LEMON SAUCE ROASTED POTATOES SPINACH FRUIT COCKTAIL	21 MEATLOAF MASHED POTATOES CAPRI BLEND VEG PEARS	22 WHITE CHICKEN CHILI MIXED VEGETABLES 1 CORN MUFFIN 1 APPLE	23 BEEF STROGANOFF BRUSSELS SPROUTS 1 BROWNIE FRUIT JUICE
26 STUFFED SHELLS ITALIAN BLEND VEG TROPICAL FRUIT	27 BAKED CHICKEN W/ MUSHROOM GRAVY BROWN RICE BROCCOLI PINEAPPLE	28 BIRTHDAY LUNCHEON EGGPLANT PARMESAN ITALIAN BLEND VEG 1 GARLIC KNOT FRUIT JUICE 1 SLICE BIRTHDAY CAKE	29 SHEPHERD'S PIE CORN 1 BISCUIT MANDARIN ORANGES	30 HALLOWEEN LUNCH BAKED CHICKEN LINGUINI PUMPKIN CREAM SAUCE BROCCOLI CHOCOLATE PUDDING FRUIT JUICE