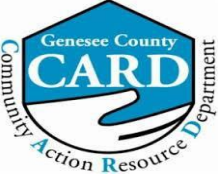


Congregate OCTOBER Menu 2025

Name: _____ Date: _____

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	 	Salisbury Steak-1ct Redskin Mashed Potatoes-4oz Cauliflower-4oz Strawberry Applesauce-4oz Dinner Roll-1ct Margarine-1ct Milk-8oz	Turkey & Cheese Sub-1ct Lettuce, Tomato, Onion HM Cucumber Salad-4oz Diced Pears-4oz Whole Wheat Bun-1ct Mayo, Mustard pkt. 1ct 100% Fruit Juice	Creamy Santa Fe Chicken Soup-8oz Diced Carrots-4oz Tortilla Strips-1oz Fruit Cocktail-4oz Corn Muffin-1ct Milk-8oz 
6	7	8	9	10
BBQ Pulled Pork-3oz Cole Slaw-4oz Vegetable Blend-4oz Mandarin Orange Cup-1ct Mini Sub Bun-1ct Margarine-1ct Milk-8oz	Grilled Chicken Breast-1ct Chuck Wagon Veggie Blend-4oz Chopped Broccoli-4oz Mixed Fruit-1ct Potato Roll-1ct Margarine-1ct 100% Fruit Juice	HM Broccoli & Cheddar Soup-8oz Diced Potatoes-4oz Golden Delicious Apple-1ct Oyster Crackers-1ct Margarine-1ct Milk-8oz 	HM Pork Chop w/Apples-1ct Mashed Potatoes-4oz Mixed Greens-4oz Pears-4oz Corn Bread-1ct Margarine-1ct 100% Fruit Juice	Sweet & Sour Meatballs-6ct Brown Rice-3oz Green Beans-4oz Pineapple Tidbits-4oz Flatbread-1ct Margarine-1ct Milk-8oz
13	14	15	16	17
Meatloaf w/Gavy-3oz Mashed Potatoes-4oz Sweet Peas-4oz Cinnamon Applesauce-1ct Wheat Roll-1ct Margarine-1ct 100% Fruit Juice 	Chicken Caesar Salad w/Romaine & Caesar Dressing Cucumber Slices w/Dip-4oz Pasta Salad-4oz Fruit Cocktail-4oz Pita Half-1ct Milk-8oz	Creole Steak w/Tomatoes in Sauce European Veggies-4oz Sliced Beets-4oz Tropical Fruit Salad-4oz Potato Roll & Margarine-1ct Milk-8oz	HM Chicken Parmesan Sandwich-1 Garlic Veggie Blend-4oz Whole Kernel Corn-4oz Diced Pears-4oz Birthday Cake WG Bun & Margarine-1ct 100% Fruit Juice 	Parmesan Crusted Salmon Au Gratin Potatoes-4oz Baby Carrots-4oz Pineapples-4oz Potato Roll-1ct Margarine-1ct Milk-8oz
20	21	22	23	24
Bean Soup w/Turkey Ham-8oz Baby Carrots-4oz Warm Apples-4oz Corn Muffin-1ct Margarine-1ct Milk-8oz	Beef Teriyaki w/Rice & Veggies Winter Blend Veggies-4oz Apricots-4oz Dinner Roll-1ct Margarine-1ct 100% Fruit Juice	HM Slopy Joes-3oz Veggie Blend-4oz Cauliflower-4oz Fresh Apple-1ct WG Bun-1ct Margarine-1ct Milk-8oz 	HM Chicken & Noodles-8oz Mixed Veggies-4oz Diced Pears-4oz Cookie of the Month-1ct Biscuit-1ct Margarine-1ct 100% Fruit Juice 	Breaded Chicken Sandwich-1ct Ranch Potato Wedges-4oz Macaroni Salad-4oz Fresh Orange-1ct Whole Wheat Bun-1ct Mayo Pkt. 1-ct Milk-8oz
27	28	29	30	31
Oven Fried Chicken Southern Green Beans-4oz Potato Salad-4oz Pineapple Tidbits-4oz Hawaiian Roll-1ct Milk-8oz	Boneless BBQ Riblet Baked Beans-4oz Veggie Blend-4oz Diced Peaches-4oz Sliced Sub Bun-1ct 100% Fruit Juice	Country Style Chicken w/Gravy Steamed Broccoli-4oz Roasted Veggies-4oz Honey Dew Fruit-4oz Wheat Roll-1ct Margarine-1ct Milk-8oz	HM Beef Tacos Mexican Rice Roasted Corn & Black Beans Mango & Papaya Cup-1ct Tortilla Shells-2ct 100% Fruit Juice	HM Beef Goulash-8oz Zombie Finger Carrots-4oz Spinach-4oz Peach Cup-1ct Corn Bread-1ct Margarine-1ct Milk-8oz 

You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566