

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50

Individuals 59 years and under pay \$7.50

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Menu Subject to change Without notice	Donations 60 years and older \$1.50 60 Years and younger \$7.50	Whole Milk Served	Tilapia Vera Cruz Wild/Brown Rice Blend Carrots and Green Beans Tropical Fruit Salad Oatmeal Cookie	Tuna Noodle Casserole Broccoli and Red Bell Pepper Caesar Salad Wheat Bread Apricots
5	6	7	8	9
Spaghetti Italian Blend Tossed salad w/ Italian Dressing Fresh Pear	Chicken Cordon Bleu California blend Vegetables Salad Wheat Roll Fresh Peach	Salisbury Steak W Gravy Parsley Potatoes Roasted Brussel Sprouts Wheat Roll Fruit Salad	Chicken Florentine Spinach Cream Sauce Island blend Vegetables WW Roll Fruit cocktail	Beef Tamale Pie Pinto Beans Calabacitas Flour Tortilla Banana
12	13	14	15	16
Senior Centers Closed	Sesame Chicken w/ Broccoli Sugar Snap Peas Brown Rice Mandarin Oranges and Pineapple	Meatloaf Baked Potato Green Beans WW Roll Strawberries and bananas	Ham and Beans Corn Bread Tossed Salad Light Nonfat Vanilla Yogurt Mango chunks	Chicken Fried Steak Mashed Potatoes Country Gravy Roasted Brussel Sprouts Wheat roll SF peach cobbler
19	20	21	22	23
Goulash (Beef, onions peppers, sauce) Caesar Salad W dressing WW Roll Apple Cobbler	Green Chile Pork Stew Zucchini and NAS diced tomatoes WW Tortilla Mixed Berries SF Angel Food Cake	Egg Salad (Egg salad, WW Bread WW bread, lettuce) Cucumber and tomato salad Baby Carrots NF Vanilla Yogurt W a Orange	Baked LS Cajun Tilapia Tartar Sauce LS Wild /Brown Rice Asparagus LS Roasted Cauliflower Apricots	Sweet and Sour Pork Brown Rice Asian Blend Vegetables Vegetable Egg Roll Pineapple Chunks
26	27	28	29	30
Red Chile Pork Enchiladas shredded lettuce/diced tomato LS Pinto beans Capri Blend Vegetable Sliced Cantaloupe	Chicken Parmesan Penne Pasta W Sauce Vegetables Green Salad Tropical Fruit Salad	Frito Pie Corn Chips, ground beef red chile Garnish Pinto Beans Calabacitas W Tomato Banana Pudding	BBQ pulled Pork (Pork, BBQ Sauce, WW Bun Black Eyed Peas Spinach Cornbread spiced peaches	Mushroom Burger Mushrooms, Swiss Sweet Potato Fries California blend vegetables Orange