



OCTOBER 2026 MENU

DONATIONS TO SUPPORT THIS PROGRAM ARE APPRECIATED!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
LUNCH IS SERVED 11:30-12:15				1 BINGO 10:00 AM Roast Pork w/ Gravy, Mashed Red Potatoes, Brussell Sprouts, Roll and Dessert	2	3 PLEASE REMEMBER THE MENU IS SUBJECT TO CHANGE
4	5 BINGO 10:00 AM Chicken Parmesan Pasta, Garlic Bread, Salad and Dessert	6	7 French Onion Soup, BLT Sandwich, 3 Bean Salad and Dessert	8 BINGO 10:00 AM Pulled Pork, Beans, Potatoes, Salad, Cornbread and Dessert	9	10
11 Milk and Water is available with all meals	12 CLOSED Columbus Day	13	14 Grilled Turkey Sandwich w/ Stuffings, Cranberry Sauce, Chips, Salad and Dessert	15 BINGO 10:00 AM Chicken Cordon Bleu, Rice Pilaf, Honey Glazed Carrots, Roll and Dessert	16	17
18	19 BINGO 10:00 AM Lasagna w/Meat Sauce, Garlic Bread, Tossed Salad and Dessert	20	21 Tomato Soup, Grilled Ham & Cheese, Salad, and Dessert	22 BINGO 10:00 AM Roast Turkey Dinner, Gray, Mashed Potatoes, Butternut Squash, Roll and Dessert	23	24 REMEMBER YOUR <u>DAILY</u> NUTRITIONAL REQUIREMENTS
25	26 BINGO 10:00 AM Meatloaf w/Gravy, Oven Roasted Sweet Potatoes, Green Beans, Roll and Dessert	27	28 Pork Stir Fry, Fried Rice, Roll and Dessert	29 BINGO 10:00 AM Chicken Pot Pie, Oven Roasted Potatoes, Peas, Roll and Dessert	30	31 GRAINS: 7 to 8 ounces PROTEIN: 6 ounces Dairy 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 to 2.5 cups OILS: 2 teaspoons

