

OCTOBER 2026

Meal Site Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Popcorn Chicken
Mashed Potatoes &
Gravy
Corn
Collard Greens
Cornbread Muffin
Fruit Cup

6 Seasoned Pork Chop
Sweet Potato Bites &
Gravy
Cauliflower
Peas
Wheat Dinner Roll
Fruit Cup

7 Broccoli Quiche
Au Gratin Potatoes
Capri Veggies
Fruit Cup

8 Beef & Broccoli
Fried Rice with
General Tso Sauce
Capri Veggies
Apple Crisp
Fruit Cup

9 Chicken Cavatappi
Cali Blend Veggies
Broccoli
Garlic Bread Stick
Fruit Cup

12 Oven Fried Chicken
Red Skin Potatoes
Roasted Root Veggies
Sautéed Cabbage
Cornbread Muffin
Fruit Cup

13 Swedish Meatballs
Egg Noodles
Green Beans
Apple Crisp
Fruit Cup

14 Creamy Mushroom
Orzo
Rainbow Veggies
Corn
Wheat Dinner Roll
Fruit Cup

15 Biscuits with Sausage
Gravy
Egg Bit
Escalloped Apples
Fruit Cup

16 Sliced Ham
Seasoned Sweet
Potato Bites
Peas
Cauliflower
Wheat Dinner Roll
Fruit Cup

19 Chicken Parmesan
Egg Noodles
Corn
Wax Beans
Fruit Cup

20 Breaded Baked Cod
Red Skin Potatoes
Peas
Collard Greens
Fruit Cup

21 Chicken Enchilada
Mexican Rice
Cauliflower
Black Beans
Fruit Cup

22 **AgeWell
Closed for
Training**

23 Cabbage Roll
Au Gratin Potatoes
Rainbow Veggies
Fruit Cup

26 Pasta & Meat Sauce
Penne Noodles
Seasoned Green
Beans
Cauliflower
Garlic Breadstick
Fruit Cup

27 Meatloaf & Gravy
Mashed Potatoes
Peas
Carrots
Biscuit
Fruit Cup

28 Chicken Wings
Red Skin Potatoes
Collard Greens
Corn Bread Muffin
Birthday Cake
Fruit Cup

29 Locally Handmade
Tamales
Mexican Rice
Black Beans
Broccoli
Fruit Cup

30 Sliced Turkey & Gravy
Mashed Potatoes
Wax beans
Cali Veggies
Fruit Cup

**Menu includes
Low Fat Milk**

**Meals include 1/3
of the Recommended
Daily Allowance (RDA)**

**Meals Subject
to Change**

9/22 AgeWell Closed

9/28 Birthday Celebration


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