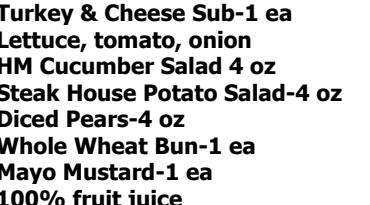


Congregate October Meal Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	7	8	9
Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea Milk 8 oz.	Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	HM Broccoli & Cheddar Soup 8 oz Diced Potatoes 4 oz Oyster Crackers Golden Delicious Appl Margarine-1 ct Milk 8 oz.	HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	Sweet and Sour Meatballs- 6 ea Brown Rice-3 oz Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
12	13	14	15	16
Meatloaf w/gravy-3 oz Mashed Potatoes-4 Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Milk 8 oz	Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Pasta Salad 4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea 100% Fruit Juice	Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	HM Chicken Parmesan Sandwich-1 Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake	Citrus Glazed Salmon 1 ea. Lo Mein Noodles Spinach 4 oz. Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
19	20	21	22	23
Bean Soup w/ Turkey Ham-8 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	HM Sloppy Joes-3 oz Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz	HM Creamy Chicken & Noodles 8 oz Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month	Breaded Chicken Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
26	27	28	29	30
Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz Milk-8 oz	Boneless BBQ Riblet Veggie Blend-4 oz Baked Beans-4 oz Sliced Sub Bun Diced Peaches-4 oz 100% Fruit Juice	Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	HM Beef Tacos-2 ea Roasted Corn & Black Beans-4 oz Mexican Rice- 4 oz Tortilla Shells-2 Mango & Papaya Cup Taco Sauce Pkt. 100% Fruit Juice	HM Beef Ghoulish-8 oz Zombie Finger Carrots-4 oz Spooky Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk 8 oz