

# October 2026



| Monday                                                                                                                                |  | Tuesday                                                                                                                        |  | Wednesday                                                                                                                        |  | Thursday                                                                                                                                              |  | Friday                                                                                                                                                      |  |
|---------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                                      |  |                                               |  |                                                |  | <b>1</b>                                                                                                                                              |  | <b>2</b>                                                                                                                                                    |  |
|                                                                                                                                       |  |                                                                                                                                |  |                                                                                                                                  |  | Chicken Salad Sandwich (1/2c)<br>Macaroni Salad (1/2c)<br>Fresh Apple<br>Very Veggie Juice<br>Lettuce/Tomato<br>2 WG Bread Slices                     |  | Sausage, Egg, & Cheese English Muffin<br>Homestyle Roasted Potatoes (1/2c)<br>Pineapple Tidbits (1/2c)<br>Sunrise Orange Juice<br>WG English Muffin<br>Milk |  |
| <b>5</b>                                                                                                                              |  | <b>6</b>                                                                                                                       |  | <b>7</b>                                                                                                                         |  | <b>Milk</b>                                                                                                                                           |  | <b>9</b>                                                                                                                                                    |  |
| Meatloaf w/Gravy (2oz)<br>Mashed Potatoes (1/2c)<br>Sweet Peas (1/2c)<br>WG Dinner Roll<br>Milk/Margarine                             |  | BBQ Pork Rib Sandwich Potato Au Gratin (1/2c)<br>Seasoned Sweet Corn (1/2c)<br>Fruit Medley (1/2c)<br>WG Hamburger Bun<br>Milk |  | Veggie Lasagna Roll-Up in Cream Sauce<br>Peperonata w/Tomatoes (1/2c)<br>Diced Pears (1/2c)<br>Breadstick<br>Milk                |  | Grilled Chicken Salad<br>Tomato Cucumber Salad (1/2c)<br>Fresh Orange<br>Chocolate Chip Cookie<br>Dressing Packet<br>WG Dinner Roll<br>Milk/Margarine |  | Krabby Cake<br>Rice Pilaf (1/2c)<br>Sweet Potato Casserole (1/2c)<br>Diced Beets (1/2c)<br>Milk                                                             |  |
| <b>12</b>                                                                                                                             |  | <b>13</b>                                                                                                                      |  | <b>14</b>                                                                                                                        |  | <b>15</b>                                                                                                                                             |  | <b>16</b>                                                                                                                                                   |  |
| <b>WE ARE CLOSED FOR COLUMBUS DAY!</b>                                                                                                |  | Crispy Fish Sandwich<br>Creamy Tomato Soup<br>Peas & Carrots (1/2c)<br>Applesauce (1/2c)<br>WG Hamburger Bun<br>Milk           |  | Swedish Meatballs (4) in Cream Sauce<br>Buttered Pasta (1/2c)<br>Seasoned Green Beans (1/2c)<br>Pineapple Tidbits (1/2c)<br>Milk |  | <b>BAGGED LUNCH</b><br>Bologna & American Cheese<br>Lettuce & Tomato<br>Coleslaw<br>Fresh Fruit<br>Cookie<br>Milk                                     |  | Beefaroni (1c)<br>Seasoned Sweet Corn (1/2c)<br>Mandarin Oranges (1/2c)<br>WG Dinner Roll<br>Milk/Margarine                                                 |  |
| <b>19</b>                                                                                                                             |  | <b>20</b>                                                                                                                      |  | <b>21</b>                                                                                                                        |  | <b>22</b>                                                                                                                                             |  | <b>23</b>                                                                                                                                                   |  |
| Roast Beef (3oz) w/Gravy (2oz)<br>Mashed Potatoes (1/2c)<br>Steamed Mixed Veggies (1/2c)<br>WG Dinner Roll<br>Milk/Margarine          |  | Chicken Parmesan Sandwich<br>Sweet Peas (1/2c)<br>Diced Peaches (1/2c)<br>WG Hamburger Bun<br>Milk                             |  | Macaroni & Cheese (1c)<br>Steamed Carrot Coins (1/2c)<br>Stewed Tomatoes (1/2c)<br>Raisins (1/2c)<br>Milk                        |  | Taco Salad<br>Brown Rice (1/2c)<br>Black Beans (1/2c)<br>Very Veggie Juice<br>Chocolate Chip Cookie<br>Dressing Packet<br>Milk                        |  | Sloppy Joe<br>Seasoned Green Beans (1/2c)<br>Scalloped Potatoes (1/2c)<br>WG Hamburger Bun<br>Milk                                                          |  |
| <b>26</b>                                                                                                                             |  | <b>27</b>                                                                                                                      |  | <b>28</b>                                                                                                                        |  | <b>29</b>                                                                                                                                             |  | <b>30</b>                                                                                                                                                   |  |
| Cheese Omelet<br>Breakfast Potatoes w/Onions (1/2c)<br>Warm Apple Compote (1/2c)<br>Sunrise Orange Juice<br>WG English Muffin<br>Milk |  | Stadium Hot Dog Sauerkraut (2oz)<br>Creamy Potato Soup<br>Winter Squash (1/2c)<br>WG Hot Dog Bun<br>Milk                       |  | Pizza Pasta Bake (1c)<br>Creamed Spinach (1/2c)<br>Mandarin Oranges (1/2c)<br>Milk/Margarine                                     |  | Tuna Salad Sandwich<br>Pepper Cabbage (1/2c)<br>Fresh Orange<br>Lettuce/Tomato<br>2 WG Bread Slices<br>Milk                                           |  | Sweet & Sour Chicken (3/4c)<br>Brown Rice (1/2c)<br>Broccoli Salad (1/2c)<br>Applesauce (1/2c)<br>Milk                                                      |  |

When joining us for lunch, please consider making a donation. Each meal costs our center \$2.16 to provide, and every contribution helps offset that cost. Thank you for your generosity and continued support!