

Taylor County Senior Citizens, Inc. * 52 Trap Springs Road * Grafton WV 26354 * (304)265-4555

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**October
2025**

**Menus subject to
change**

**Lunch served
Monday - Friday
11:45 am to 12:45 pm**

**For Seniors 60+ a
donation of \$4.00 is
suggested**

**Under 60
years old
Lunch \$7.00**

		1	2	3
		Fish Sandwich Whole Wheat Bun French Fries Kale Fruit / Milk	Taco Salad w/ salsa Refried Beans Mexican Corn Dessert Fruit / Milk	Chicken Bacon Pizza Cottage Cheese Beets Fruit / Milk
6	7	8	9	10
Broccoli Cheese Soup Ham Sandwich (whole wheat bread) Raw Mixed Veg Fruit / Milk	Chicken Pot Pie Lima Beans Stewed Tomatoes Fruit / Milk	Meatloaf Mashed Potatoes w/ Gravy Brussel Sprouts Whole Wheat Roll Dessert/Fruit / Milk	Pulled Pork on a Wheat Bun Tater Tots Spinach Fruit / Milk	Chili w/ Beans Corn Bread Side Salad Angel Food Cake Fruit / Milk
13	14	15	16	17
Chicken Bacon Sandwich Peas & Carrots Fruit / Milk	Sausage, Egg, & Cheese Biscuit Potatoes O' Brien Dessert Fruit / Milk	BIRTHDAY LUNCH Cabbage Rolls Stewed Tomatoes Collard Green Whole Wheat Roll Dessert / Fruit / Milk	Beer Battered Fish Yellow Rice Green Beans Coleslaw Fruit / Milk	Baked Chicken Scalloped Potatoes Succotash Whole Wheat Roll Fruit / Milk
20	21	22	23	24
Cream of Potato Soup Ham Slice Lima Beans Wheat Bread Fruit / Milk	Chicken Parmesan over Noodles Broccoli Garlic Bread Fruit / Milk	Beef Stew Whole Wheat Roll Dessert Fruit / Milk	Beans & Cornbread Spinach Cooked Carrots Fruit / Milk	Pepperoni Pizza Cottage Cheese Raw Mixed Veg Dessert Fruit / Milk
27	28	29	30	31
Tuna Salad Wrap Hard Boiled Egg Pork n Beans Coleslaw Fruit / Milk	BBQ Chicken Mac & Cheese Blend Veggies Fruit / Milk	Salisbury Steak Sweet Potatoes Brussel Sprouts Whole Wheat Roll Dessert / Fruit / Milk	Polish Sausage on a bun Saurkraut Boiled Potatoes Dessert / Fruit / Milk	Grilled Chicken Salad Breadstick Fruit / Milk