



October Menu 2025

Ketchikan-Saxman Senior Center

2401 Eagle Ave. Suite 2 Saxman, Alaska



Monday	Tuesday	Wednesday	Thursday
Our menu items might contain any of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. If you are allergic to any of the above items, please call 907-220-7091 for a copy of our recipes		1 Beef and Sausage Chili Chopped Salad Dinner Rolls Tropical Fruit Milk	2 Baked Penne Pasta Normandy Style Vegetables Sliced Fruit Milk
6 Creamy Potato Soup Peas Mixed Berries with Whipped Cream Milk	7 Egg Salad Sandwich Canned Pears Creamy Broccoli Slaw Salad Milk	8 Swedish Meatballs Brown Rice Lima Beans Mandarin Oranges Milk	9 Philly Cheese Steak Roasted Broccoli Dinner Rolls Sliced Fruit Milk
13 Sausage Pizza Dilly Green beans Berry Yogurt Parfait Milk	14 Salmon Chowder Chopped Salad Herbed Biscuits Canned Pears Milk	15 Cheeseburgers Sweet Potato Fries Bacon & Green Beans Spiced Applesauce Milk	16 Creamy Chicken Pasta Casserole Normandy Style Vegetables Sliced Fruit w/ Marshmallow Fluff Fruit Dip Milk
20 Beef Barley Lentil Soup Beet & Feta Salad Tropical Fruit Milk	21 Country Fried Steak Mashed Potatoes Peas Sliced Fruit w/ Marshmallow Fluff Fruit Dip Milk	22 Beef Stew with Vegetables Glazed Carrots Mashed Potatoes Peach Salad Milk	23 Taco Salad Tortilla Chips Berry Yogurt Parfait Milk
27 Zesty Chicken Soup Brown Rice Asian Slaw Mandarin Oranges Milk	28 Couscous & Meatball Soup Corn Casserole for a Crowd Broccoli, Cranberry and Bacon Salad Pears Milk	29 Chicken Noodle Soup Lima Beans Cesear Salad Dinner Rolls Fruit Salad Milk	30 New England Clam Chowder Egg Salad Sandwich Succotash Cubed Melon Milk

There may be occasional substitutions if a particular food did not arrive from the food supplier.