

Congregate October Meal Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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.	2 Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	3 Creamy Santa Fe Chicken Soup 8 oz Diced Carrots 4 oz Tortilla Strips-1 oz Fruit Cocktail-4 oz Corn Muffin Milk 8 oz 
6 BBQ Pulled Pork-3 oz Cole Slaw-4 oz Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	7 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	8 HM Broccoli & Cheddar Soup 8 oz Diced Potatoes 4 oz Oyster Crackers Golden Delicious Apple Margarine-1 ct Milk 8 oz. 	9 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	10 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
13 Meatloaf w/gravy-3 oz Mashed Potatoes-4 Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	14 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 Milk 8 oz	15 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	16 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 	17 Parmesan Crusted Salmon Au Gratin Potatoes-4 oz Baby Carrots 4 oz. Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
20 Bean Soup w/ Turkey Ham-8 oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	21 Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	22 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 	23 HM 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 	24 Breaded Chicken Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
27 Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz Milk-8 oz	28 Boneless BBQ Riblet Veggie Blend-4 oz Baked Beans-4 oz Sliced Sub Bun Diced Peaches-4 oz 100% Fruit Juice	29 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	30 HM Beef Tacos Roasted Corn & Black Beans Mexican Rice Tortilla Shells-2 Mango & Papaya Cup 100% Fruit Juice	31 HAPPY HALLOWEEN HM Beef Ghoulish-8 oz Zombie Finger Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk 