

October 2026

	Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3
Breakfast	scrambled eggs banana bread	scrambled eggs toast	quiche muffins	breakfast sandwiches fruit	poached eggs toast	breakfast bake sausage patties	scrambled eggs muffins
Lunch	shepards pie roll	creamy pesto chicken egg noodles green beans	pot roast boiled potatoes boiled carrots/onions roll	pork dumplings fried rice lo mein	chicken cordon bleu broccoli stuffing	vegeterian lasagna garlic bread	chop suey bread & butter cottage cheese
Dinner	soup crackers	chicken and veggie kabobs macaroni salad	turkey sandwiches chips	ham salad sandwiches three bean salad	soup crackers	chicken & waffles sausage gravy	chef salad hard boiled egg

	Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Breakfast	pancakes bacon	fried eggs toast	scrambled eggs toast	cheese omeletts fruit salad	breakfast bake bacon	scrambled eggs hot-cross-buns	french toast sausage
Lunch	Turkey mashed pots squash gravy rolls	chicken alfredo broccoli	ham rice pilaf veg mix	beef stirfry rice rangoons eggrolls	ribletts baked potatoes brussel sprouts	baked fish rice veg	sweedish meatballs egg noodles mixed veggies
Dinner	cheeseburger casserole	turkey stew crackers	mini italian hoagies chips	cheese burgers fries	egg salad sandwiches pickled beets	vegetable soup roll	ham and cheese cottage cheese

	Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Breakfast	fried eggs toast	scrambled eggs cream filled donuts	parfaits muffins	westerns corned beef hash	poached eggs toast	scrambled eggs muffins	pancakes bacon
Lunch	stuffed pork chops asperagus baked potato	chicken parm garlic bread mixed veg	beef stroganoff broccoli	chicken & biscuits peas and carrots cranberry	Mediterranean stuffed peppers asparagas toasted peta	vegeterian lasagna garlic bread	roasted chicken thighs stuffing mixed veggies
Dinner	tomato soup grilled cheese	sloppy Joes tater tots	corn chowder crackers	ham and swiss puff pastry cottage cheese	Turkey sandwich tomato & Cucumber salad	hotdogs baked beans brown bread	quiche homefries

	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Breakfast	fried eggs toast	scrambled eggs toast	bacon & cheese onletts toast	breakfast bake muffins	poached eggs toast	fried eggs hash browns	french toast bacon
Lunch	Pizza side salad	spaghetti & Meatballs garlic bread	tomato/mozzerella chicken baked sweet potato marinated vegetables	pork chops brussell sprouts baked potatoes	Meatloaf carrots mashed pots	poached fish roasted squash mix stuffing	ravioli pesto sauce garlic bread
Dinner	soup crackers	chicken salad sandwich cranberry sauce	philly cheese steaks pickle	Casserole side	meatball subs cottage cheese	potato leak soup crackers	turkey sandwiches chips pickle

	Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
Breakfast	scrambled eggs banana bread	quiche muffins	scrambled eggs toast	breakfast sandwiches fruit	poached eggs toast	breakfast bake sausage patties	Green eggs ham
Lunch	shepards pie roll	creamy pesto chicken egg noodles green beans	pot roast boiled potatoes boiled carrots/onions roll	pork dumplings fried rice lo mein	chicken cordon bleu broccoli stuffing	veggie alfredo on spaghetti garlic bread	Spooktacular meat loaf spooky spuds frightening veggies
Dinner	soup crackers	roasted root hash pork medallion	turkey sandwiches chips	loaded baked potatoes (broccoli, cheese, bacon, sour cream)	soup 1/2 sandwich	chicken & waffles sausage gravy	potion garlic ghost