



October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chicken Marsala Fettucine Alfredo Baby Peas Swiss Salad w/Drsg Italian Bread Lemon Pocket	2 Vegetable Frittata O'Brien Potatoes Cut Green Beans Fruit Salad Croissant Yogurt Cup	3 Sliced Italian Sausage Cheese Manicotti w/Sauce Italian Veggie Blend Caesar Salad w/Drsg Italian Bread Vanilla Pudding	4 Tuna Salad Wheat Bread Sliced Lettuce/Tomato Fruit Cup Oatmeal Cookies
5 Chicken & Cheddar Kaiser Roll Coleslaw Apple Slices Fig Bar	6 Roast Turkey w/Gravy Mashed Sweet Potato Capri Veggie Blend Beet & Onion Salad Wheat Roll Seedless Grapes	7 BBQ Pulled Pork Whipped Potatoes Roasted Brussels Sprouts & Carrots Citrus Fruit Salad Sandwich Roll Banana Pudding	8 Turkey Sausage Pierogies Sauerkraut California Veggie Blend Deluxe Fruit Salad Wheat Roll Fig Bar	9 Fish Filet in Garlic Butter Sauce Parslied Orzo French Green Beans Creamy Coleslaw Rye Bread Apple Crisp w/oatmeal topping	10 Hamburger Macaroni & Cheese Succotash Tomato Onion Salad w/oil and vinegar Hamburger Bun Pound Cake	11 Turkey & Swiss Cheese Wheat Bread Carrot/Celery Sticks Peach Cup Jello Cup
12 Egg Salad Rye Bread Macaroni Salad Apple Slices Oatmeal Raisin Cookies	13 CLOSED For Columbus Day 	14 Roasted Pork Loin Fingerling Potatoes Petite Peas Deluxe Fruit Salad Raisin Bread Rice Pudding	15 Eggplant Rollatini Penne Pasta w/Sauce Italian Green Beans Antipasto Salad w/Drsg Italian Bread Fresh Pear	16 Beef Pepper Steak Brown Rice Carrot Coins Chickpea Onion Salad Wheat Bread Ice Cream Cup	17 Pot Roast w/Gravy Scalloped Potatoes Green Bean Casserole Beet Onion Salad Dinner Roll Apple Pockets	18 Cold Meatloaf Wheat Bread 3 Bean Salad Fruit Cup Danish
19 Liverwurst Marble Rye Bread Sliced Onions Beet/Onion Salad Diced Pears Chocolate Pudding	20 Roasted Chicken w/Gravy Rice Pilaf Ratatouille Tri Color Lettuce Salad Dinner Roll Chocolate Chip Cookies	21 Sauerbraten w/Gravy Potato Pancakes Red Cabbage w/apples Chickpea/Onion Salad Pumpernickel Roll Apple Strudel	22 Citrus Glazed Ham Scalloped Potatoes Green & Yellow Squash Lettuce Salad w/Drsg Raisin Bread Pound Cake	23 Beef Stroganoff Egg Noodles Okra w/Tomatoes Spinach Salad w/Drsg Wheat Dinner Roll Chocolate Pudding	24 Chicken Picatta Smashed Red Potatoes Peas w/Pimento Deluxe Fruit Salad Pumpernickel Roll Mandarin Orange Cup	25 Seafood Salad Croissant Cucumber Onion Salad Clementine Old Fashioned Donut
26 Ham & Provolone Rye Bread Pasta Veggie Salad Apple Slices Iced Brownie	27 Salisbury Steak w/Gravy Herbed Mashed Potatoes Cauliflower Broccoli Blend Tri Color Salad w/Drsg Dinner Roll Chocolate Chip Cookies	28 Chicken Francese Wild Rice Blend Mixed Vegetables Beet & Onion Salad Bridge Roll Apricots	29 Beef Stew Diced Potatoes Peas/Carrots/Onions Spinach Salad w/Drsg (egg, bacon bits) Cornbread Fresh Peach	30 Stuffed Cabbage Roll Rotini w/Olive Oil Mixed Vegetables Chickpea Onion Salad Wheat Dinner Roll Fruit Cup	31 Turkey Loaf w/Gravy Mashed Potatoes Stewed Tomatoes Deluxe Fruit Salad Dinner Roll Halloween Cupcake	

Alternate Menu

Meatloaf substitution is offered
Monday through Friday.
Please call 908-284-0735 by 12:00 pm
the day before to order.

**Please place an ICE PACK in
the COOLER.**

**Ice keeps the cold portion of
your food cold.**

Milk and juice served daily.

Suggested donation is \$5.50 a meal. All menus are subject to
change without notice. Milk and margarine/butter are included
with each meal. No additional salt is added to any recipe.
Diabetic desserts are available. Meals provide 1/3 recommended
Dietary Reference Intakes (DRIs) for older adults. This program
is partially funded by Title III of the Older Americans Act.