



# October 2026



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

## 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.