



October 2025 Seniors' CHOICE menu



Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
 Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2026	 Happy Halloween	Roast Pork Loin w/ Gravy - 9115 (ch b) <i>chicken w/gravy ch7008</i> Brown Rice Mixed Vegetables (2 servings) Tropical Fruit Salad Wheat Bread / Margarine Diet: same  Int'l Day for the Elderly	Fish Sticks w/ Tartar Sauce - 9028 (ch b) <i>macaroni & cheese ch7065</i> Peas Potato Wedges Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Salisbury Steak w/Mushroom Gravy - 9029 (ch b) <i>chicken w/gravy ch7008</i> Parslled Potatoes Mixed Vegetables Peaches Wheat Bread (2 slices) Margarine Diet: same  World Smile Day
6	7	8	9	10
Sloppy Joe - 9060 (ch b) <i>chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Pears Diet: same	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) <i>hamburger ch7006</i> Green Beans Yellow Squash Bun Pineapple Tidbits Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) <i>chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same	turkey Ham & Beans - 9062 (ch b) <i>chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Applesauce Dinner Roll / Margarine Diet: same  Fire Prevention Day	Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) <i>spaghetti & meatballs ch7015</i> Spinach California Blend Vegetables Peaches 1 Wheat Bread / Margarine (ch a only) Diet: same
13	14	15	16	17
 Rosemary Chicken - 9039 (ch b) <i>pork cutlet w/gravy ch7034</i> Potato Wedges Vegetable Medley Mandarin Oranges Wheat Bread (2 slices) Margarine diet: same Columbus Day	Beef Vegetable Teriyaki (ch b) <i>orange chicken</i> Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	Chicken & Potato Casserole - 9315 (ch b) <i>roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 (ch b) <i>hot deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) <i>chicken alfredo w/ broccoli ch7067</i> Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same  Happy October Birthday
20	21	22	23	24
Steak Hoagie w/ Gravy - 9302 (ch b) <i>grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) <i>pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Chicken Fajita Bowl - 9004 (ch b) <i>Taco Bowl ch7010</i> Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same 	Baked Chicken w/ Gravy - 9075 (ch b) <i>roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Mixed Berry Applesauce Wheat Bread / Margarine Margarine Diet: same	Rotini Pasta w/ Meat Sauce (ch b) <i>chicken alfredo w/ rotini pasta</i> Normandy Blend Vegetables Peas Apricots 2 Wheat Bread / Margarine (ch a only) Diet: same
27	28	29	30	31
Cinci-Style Chili - 9112 w/ Spaghetti (ch b) <i>roast beef w/gravy ch7025</i> Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Beef Vegetable Stew - 9001 (ch b) <i>chicken stew ch7022</i> w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	Roast Turkey w/Gravy - 9005 (ch b) <i>country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Peaches Wheat Bread (2 slices) Margarine Diet: same  National Frankenstein Day	BBQ Beef - 9051 (ch b) <i>grilled chicken breast ch7026</i> Peas & Onions Potato Wedges Bun Pears Diet: same	Orange Chicken - 9105 (ch b) <i>baked fish - ch7048</i> Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same  Halloween