

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>M E N U</u> <u>F O R</u> <u>O C T O B E R</u>  <u>2 0 2 6</u>	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	<u>KITCHEN</u> <u>STAFF</u> Mike Tedeschi 	<u>1</u>  Potato Bar w/ Assorted Toppings Grapes	<u>2</u>  Chicken Salad Sandwich Broccoli Salad Chips Fruit
<u>5</u>  Cream Chipped Beef Biscuit California Blend Vegetables Herb & Garlic Potatoes Peaches	<u>6</u>  Ham Mac & Cheese Green Beans Almandine Fresh Pineapple	<u>7</u>  Taco Bar w/ Assorted Toppings Mixes Melon Cups	<u>8</u>  Catfish Brown Rice Pilaf Cabbage-carrot Slaw Apple-Pie Parfait	<u>9</u>  Turkey Sandwich Macaroni/Vegetable Soup Apple Slices w/ Cinnamon & Vanilla Yogurt
<u>12</u>  Tuna Salad Whole Grain Crackers Garden Salad Pumpkin Crunch	<u>13</u>  Baked Chicken w/ Marinara & Mozzarella Herb Orzo Roasted Broccoli & Cauliflower Mandarin Oranges	<u>14</u>  Pork Loin Brown Rice Caesar Salad Cranberry-Pear Compote Crunch	<u>15</u> <u>FEAST</u>  Meatloaf Mashed Potatoes Green Beans & Mushrooms Pears	<u>16</u>  Hot Dog on Roll Potato Wedges Braised Cabbage & Onions Baked Cinnamon Pear
<u>19</u>  Meatball Sub Potato Wedges Roasted Red Peppers & Onions Grapes	<u>20</u>  Oven Fried Chicken Mashed Sweet Potatoes Southern Green Beans Watermelon	<u>21</u>  Chef Salad w/ Assorted Toppings Whole Grain Roll Blueberry Yogurt Parfait	<u>22</u>  Salmon Brown Rice Mixed Green Salad w/Greens, Onion, Cranberry & Rasp. Vinaigrette Orange Wedges	<u>23</u>  Turkey & Swiss Sandwich Vegetable Barley Soup Fresh Peach/ Pineapple Fruit Cup
<u>26</u>  Lasagna Salad Fruit	<u>27</u>  BBQ Chicken Whole Grain Cornbread Roasted Zucchini & Squash Apple Harvest Salad	<u>28</u>  Hamburger Potato Wedges California Blend Vegetables Grapes	<u>29</u>  Pork Chops Herbed Barley Pilaf Sautéed Spinach Pumpkin Pie	<u>30</u>  Whole Wheat Penne Pasta Salad w/ Chicken, Cheese Assorted Veggies Tossed into Pasta Cantaloupe

Although every effort will be made to serve the meals as indicated, the menu is, however, subject to change.