

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.
Milk, juice and bread are available at all meals.

Approved _____
Nutritionist Date