

FAIRFAX CONGREGATE SENIOR CENTERS - OCTOBER MENU 2025



(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)

	(CHEF SALAD AND FRUIT PLATE ALWAYS AVAILABLE)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
HOT LUNCH			Tuna Noodle Casserole Garlic Bread Green Beans Cannellini bean Plum Milk Veg: Same	Sunny Lemon Chicken Peas Eggplant roasted WG Linguine w/ butter Apple Slices Milk Veg: Meatless Chicken	Chicken & Dumplings Dumplings WG Roll w Butter Lima bean Pineapple Milk Veg: Chix Strips			
COLD LUNCH			Turkey Mayo WG Roll Tomato and lettuce garnish Romaine with Caesar Dressing Mediterranean Chickpea Salad Mixed Fruit Milk Veg: Fresh Mozzarella Cheese	Cottage Cheese String Cheese WG English Muffin Field Salad w/ Ranch Tomato Balsamic Salad Honeydew Milk	Mild Buffalo Ranch Chicken Salad WW Bread Spinach Salad w Balsamic Vinaigrette Beet Salad Mango (frozen) Milk			
HOT LUNCH	Chinese Style Vegetables w/ Orange Chicken Brown Rice Roasted Carrots Edamame Tropical Fruit Cup Milk Veg: Teriyaki Tofu	Vegetarian Lasagna Garlic Bread Italian Blend Acorn squash Pears Milk Veg: Same	Hamburger W/ Lettuce, Tomato & Onion WG Bun Roasted Potatoes Steamed broccoli Banana Milk Veg: Vegetarian Patty	Veg: Same Beef Lo Mein Vegetable Egg Roll Bok Choy Pumpkin Tangerine Milk Veg: Soy Beef	Veg: Hummus Provolone 10 Oven Fried Chicken Legs 3 oz WG Corn Muffin w Butter Kale Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Strips			
COLD LUNCH	Cranberry Chicken Salad WG Crackers Cucumber Salad Pickled beets Peaches Milk	Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Grape Milk	Tuna Nicoise Salad WG Crackers Veg - green bean, potato) Field Salad w/ Balsamic Blueberries Milk Veg: Cucumber, Hummus &	Turkey 1 oz Cheese WW Bread Lettuce Tomato (garnish) mayo Zucchini salad Black Bean Salad Fresh fruit cup Milk Veg: Egg Salad or: Cucumber,	1 Powerhouse Wrap 3/4 c Black Beans, WW Tortilla Tossed Green Salad w Italian Broccoli Salad Mango Milk			
	Veg: Chicks Strips	Veg: Cheese	Provolone	Hummus & Provolone	Veg: Same			



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	MONDAY	TUESDAY	WEDNIESDAY	THURSDAY	FRIDAY
	MUNDAY	TUESDAY	WEDNESDAY 15	ITUNODAT	FRIDAY
HOT LUNCH	Nashville Hot Chicken Sandwich Chicken Patty WG Bun) ½ c Vinaigrette slaw Black eye peas Baked cinnamon apples Milk	Salisbury Steak w/ mushroom gravy WG Roll w.Butter Smashed Red Potatoes Catalina Vegetables (broccoli, green beans, carrots, red peppers) Clementine Milk	Yangs Teriyaki Chicken WG Asian noodle Edamame Pears Carrots Milk Veg: Chicken Strips Veg	Grilled Pollock Fish w/ Tarter Sauce WG Roll Sweet potato Green beans Mixed Fruit Milk	Korean Beef Over Jasmine Rice Jasmine Rice WG Roll w/ butter Snow pea Mango Milk Veg: Korean Soy Beef over WG
	Veg: Chix Strips	Veg: Vegetarian patty	veg: Chicken Surps veg	Veg Vegan Fish Patty	Rice
COLD LUNCH	Cobb Salad Turkey Bacon, hardboiled egg, chicken) WG Corn Muffin Mixed Greens Lettuce w Red wine vinaigrette (in salad) Cherry Tomato & Cuke (in salad) Orange in Wedges Milk	Egg Salad WW Bread Spinach Salad w Italian Dressing Beet Salad Banana Milk	Beef Kale Caesar Wrap WG Wrap Potato Salad Fruited Jello Salad Milk	Taco Salad w/ Southwest Ranch Dressing (Romaine, ground beef, monetary jack cheese, Black Beans, Pico de gallo) WG Baked chips Mango Milk Veg: Same w/ black beans,	Chicken Gyro Hummus Cucumber salad Fresh fruit cup Milk
	Veg: Cheese, eggs	Veg: Hummus Provolone	Veg: Chix strips	cheese	Veg: Chix Strips
HOT LUNCH	Beef Picadillo WG Rice (Black beans Collard Greens Tangerine Milk	Yangs Orange Chicken WG Rice Glazed Carrots Coin Edamame Mixed Fruit Cup Milk	1 - 5X5 Slice Shepards Pie WG Roll w Butter String Cheese Broccoli Grapes Milk	Cheese Manicotti Tomato Basil Sauce Garlic Mushrooms Kale Pineapple Milk	Stuffed Peppers WG Rice WG Biscuit w Margarine Spring Peas Beets Oranges Milk
	Veg:Soy beef	Veg: Chix Strips	Veg: Vegan Beef	Veg: Same	Veg: soy protein
COLD LUNCH	3 oz Tuna Salad 2 oz WW Bagel 1 c Kale Salad w Balsamic Vinaigrette ½ c Chilled Vegetable Salad ½ c Apple Slices 1 c Milk Veg: ½ c Hummus 1 oz Provolone	Chicken Caesar Salad Chicken strips WG Roll Caesar Salad w Romaine Carrot raisin salad Tropical Fruit Cup Milk Veg: Chicx strips	Yogurt String Cheese WG Blueberry Muffin Roasted Brussel sprout and sweet potato and dried cranberry Banana Milk Veg: Same	Whole Chicken Wrap Lettuce Tomato mayo Plum Pickled Beets Waldorf Salad Milk Veg: Hummus, Provolone	Roasted Vegetable Pasta Salad w/ ranch <i>dressing</i> Fresh Mozzarella Tortilla Chips Mediterranean Chickpea Salad Pineapple Milk Veg. Same



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	MONDAY	TUECDAY	WEDNEODAY	THUDODAY	EDIDAY
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
nowi i ton	Baked Chicken Thigh with Herb Gravy WG Roll w/ Butter Mashed Sweet Potatoes Steamed Green Beans Cinnamon Applesauce Milk	Turkey Patty W/ Letucce, Tomato & Onion WG Bun Carrots & Peas Roasted Red Potatoes Fresh Peach Milk	Chili con Carne WG Corn Muffin w Butter Broccoli Pineapple Tidbits Milk	Creamy Chicken Enchiladas Pepper strips Honey Glazed Carrots Grapes Milk	Minestrone Soup PC Cheddar Cheese Wedge 1WG Ritz Crackers Collard Greens Canned Peaches Milk
	Veg: Chix Strips	Veg: Soy Protein	Veg: Vegetarian Chili	Veg: Chix Strips Enchiladas	Veg: same
	Taco Salad with Southwest Ranch Corn WG Baked Chips Lettuce and tomato mix Mango Milk	Greek Salad Chicken Strips WG Soft Pita Romaine Lettuce Hummus Pears Milk	Chicken Salad (lettuce, tomato garnish) WW Bread Zucchini salad Beet salad Honeydew Milk	Fresh Mozzarella Pita Bread WG Vegetable Bruschetta Field Greens w/ Ranch Berries Milk	Spinach Strawberry Feta Salad Chicken Breast WG Roll Tomato balsamic Apple slices Milk
100	Veg: Black Beans	Veg: Chix strips	Veg: Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette	Veg: Same	Veg: Chix Strips