

FAIRFAX CONGREGATES - OCTOBER MENU 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
HOT LUNCH						10/1 Meatloaf w/ Gravy WG Roll w.butter Green Beans Scalloped Potatoes Banana Milk Veg: Vegan Beef Strips		10/2 Tuna Noodle Casserole (MA, WG <i>Grain, veg- onion, celery, bell peppers</i>) Garlic Bread Broccoli & Carrots Cannellini bean Tangerines Milk Veg: Same		
						COLD LUNCH Cottage Cheese String Cheese WG English Muffin Field Salad w/ Ranch Tomato Balsamic Salad Mango Milk Veg: Same		COLD LUNCH Chef Salad Protein, Swiss Cheese, Roast Beef Egg wedged WG Corn Muffin w butter Mixed Greens Lettuce w Herb Vinaigrette Cherry Tomato & Cuke Berries Milk Veg: Cheese, eggs		
HOT LUNCH	10/5 Beef & Macaroni Casserole <i>beef, WG</i> Roll / Butter Acorn Squash Broccoli Pears Milk Veg: Cheese w/ Macaroni		10/6 Chicken Parm w/ melted provolone cheese WG Linguine Roasted Zucchini Garlic Green Beans Banana Milk Veg: Chix Strips		10/7 Florentine Grilled Pollock Fish WG Wild rice Canellini Bean Steamed garlic Kale Mixed Fruit Milk Lewinsville SC: Meatloaf and Gravy w Roll Veg: Vegan Fish Patty		10/8 Chicken Tikka Masla <i>chicken, 2 oz tikka sauce</i> Basmati Rice WG Roll w/ butter Roasted Okra and Tomato Ginger Cauliflower Mandarin Orange Milk Veg: Chickpea Marsala		10/9 Oven Fried Chicken Legs WG Corn Muffin w Butter Creaned Spinach Creole Style Black Eyed Peas Cherry Cobbler Milk Veg: Chicks Strips	
	COLD LUNCH Cranberry Chicken Salad WG Crackers Roasted Vegetable Salad Coleslaw Peaches Milk Veg: Chicks Strips		COLD LUNCH Powerhouse Wrap Black Beans, WW Tortilla Tossed Green Salad w Italian Broccoli Salad Mango Milk Veg: Same		COLD LUNCH Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Orange Milk Veg: Cheese		COLD LUNCH Taco Salad w/ Southwest Ranch Dressing WG roll (Romaine, ground beef, Monterrey jack cheese, Black Beans, Pico de gallo) Baked chips plum Milk Veg: Same w/ black beans, cheese		COLD LUNCH Tuna Salad Sandwich Slices WG Bread Cole Slaw Vinaigrette Italian Tomato Salad Berries Mixed Milk Veg: Same w/ cheese	

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COLUMBUS DAY 10/12		10/13	10/14	10/15	10/16
HOT LUNCH	Yangs Teriyaki Chicken WG Asian noodle (mushroom and veg) Edamame Grapes Carrots Milk Veg: Chicken Strips Veg	Salisbury Steak w/ mushroom gravy WG Roll w/ butter Mashed Potatoes Catalina Vegetables (broccoli, green beans, carrots, red peppers) Blueberry Cobbler Milk Veg: Vegetarian Patty	Chicken Carnitas Sorghum Burrito Bowl (WG rice, M/MA, vegt – roasted peppers, avocado) (bean included) Pita Bread Elotes Pears Milk Veg: Bean Sorghum Burrito Bowl	Fish Chowder (M/MA, veg- potato) String Cheese WG Biscuit w/ butter Cauliflower Roasted Eggplant Berries Milk Lewinsville SC: 3 ozTurkey Chowder Veg: Kidney Bean Stew (bean, string cheese).	Beef Fried Rice (MA, WG, Veg – Carrot, pea, onion) Vegetable Egg Roll (US Foods #4959086) Bok Choy Snow Peas Mandarin Orange Milk Veg: Soy Beef
	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 Veg: Cheese, eggs	Chicken Kale Caesar Wrap WG Wrap (MA, grain, dark green) Potato Salad Fruited Jello Salad Milk Veg: Cucumber, Hummus & Provolone	Turkey Cheese WW Bread Lettuce, Tomato mayo Zucchini salad Three Bean Salad Tropical Fruit Cup Milk Veg: Egg Salad or Cucumber, Hummus & Provolone.	Spinach Cranberry Feta Salad (Grain equivalent, 3 oz meat/meat alternate,-1 cup dark leafy green vegetable) Chicken Breast WG Pita Roasted beet and sweet potato Grapes Milk Veg: Chicx Strips	Chicken Gyro (M/MA, WG, veg red/orange, other) Hummus (protein) Greek Salad (romaine lettuce, tomato, feta, vinaigrette) Cucumber salad Fresh fruit cup Milk Veg: 3 oz Chix Strip
COLD LUNCH	10/19	10/20	10/21	10/22	10/23
	Beef Fagioli Soup (MA-ground beef, northern beans, kidney beans, WG) noodles WG Roll w/ butter Roasted Beets Collard Greens Plum Milk Veg: Vegan Fagioli Soup	Chicken Spanakopita Bake Pita Bread WG Tomato Spinach Feta Mix Roasted Balsamic Root Vegetables Pears Milk Veg: Chickpeas	Cod fillet w/ tartar sauce WG Bun Sweet Potato Fry Baked Broccoli Berries Milk Lewinsville SC: Turkey Patty w Lettuce & Tomato Veg: Vegan Fish Patty	Cheese Manicotti w Tomato Basil Sauce m/ma WG grain per food label Kale & Garlic Mushrooms Caesar Salad WG Roll w/ butter Pineapple Milk Veg: Same	Beef Picadillo (meat, Vegetables) WG Rice (Grain) Spinach Salad with Creamy Italian Cabbage Tangerine Milk Veg: Soy Beef
HOT LUNCH	Chicken Caesar Salad Chicken strips WG Roll Caesar Salad w Romaine Carrot raisin salad Tropical Fruit Cup Milk Veg: Chicx Strips	Tuna Salad WW Bagel Kale Salad w Balsamic Vinaigrette Bean salad Apple Slices Milk Veg: ½ c Hummus Provolone	Yogurt String Cheese WG Blueberry Muffin Chickpea salad Field Greens Salad w Italian Banana Milk Veg: Same	Whole Chicken Wrap m/ma, WG wrap Lettuce,Tomato mayo Pickled Beets Waldorf Salad Milk Veg: Hummus, Provolone	Roasted Vegetable Pasta Salad w/ ranch dressing (red/orange, dark green, grain) Fresh Mozzarella Tortilla Chips Cowboy Caviar Salad Mix Fruit Milk Veg: Same

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10/26		10/27		10/28		10/29		10/30	
HOT LUNCH	Baked Chicken Thigh with Teriyaki Glaze Quinoa Steamed Edamame with mushrooms Honey Glazed Carrots Cinnamon Applesauce Milk Veg: Chix Strips	Slice Turkey & Gravy Stuffing WG Roll w Butter Sweet Potatoes Sautéed Kale Grapes Milk Veg: 3 oz Chicks Strips	Vegetarian Lasagna m/ma, noodles wg grain) Garlic Bread Caesar Salad Ratatouille Pears Milk Veg: Same	Vietnamese Curry Chicken Brown Coconut Rice Sautéed Green Beans w/ Chili Oil (on side) Roasted Cauliflower Banana Milk Veg: Chickpea Curry	Chicken Noodle Soup (MA, WG noodles) 1 PC Cheddar Cheese Wedge 1 WG Ritz Crackers grain Broccoli Sautéed Spinach w/ cannellini beans Canned Peaches Milk Veg: Lentil Soup				
	Taco Salad with Southwest Ranch (taco meat/ cheese - equivalent meat/meat alternate, vegetable, and grain equivalent) Black beans Baked Chips WG Roll w/ butter Lettuce and tomato mix Mango Milk Veg: Black Beans								
COLD LUNCH	Beef Teriyaki Wrap <i>meat/meat alternate, grain equivalent, and other vegetable</i> WG Wrap Asian Bean Salad Plum Milk Veg: beefless strips	Chicken Salad WW Bread Lettuce, Tomato mayo Kale and Quinoa (light quinoa) Apple Slices Milk Veg: Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette.	Turkey Cheese WW Bread Lettuce Tomato (garnish) mayo Zucchini salad Cucumber Salad Tropical Fruit Milk Veg: Assorted Cheese Sliced	Greek Salad <i>m/ma, dark green vegetables, ½ cup other vegetables</i> https://healthyschoolrecipes.com/recipes/light-greek-salad/ Chicken Strips WG Soft Pita Romaine Lettuce Hummus Peaches Milk Veg: Hummus, Provolone					