

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 10/01	FRIDAY 10/02
			Pork Marsala Brown Rice Carrots Apple Cole Slaw	Macaroni & Cheese Stewed Tomatoes Capri Blend Veggies Cherry Cobbler
MONDAY 10/05	TUESDAY 10/06	WEDNESDAY 10/07	THURSDAY 10/08	FRIDAY 10/09
Roast Beef w/ Herb Gravy Red Potatoes Wax Beans Pear	Sweet & Sour Meatballs Brown Rice Capri Blend Vegetables Pea Salad Orange	Vegetable Lasagna Italian Blend Vegetables Orange	Grilled Chicken Salad w/ Tomatoes and Cucumbers Applesauce Banana	Pork Loin with Apple Glaze Sweet Potatoes Brussel Sprouts Applesauce
MONDAY 10/12	TUESDAY 10/13	WEDNESDAY 10/14	THURSDAY 10/15	FRIDAY 10/16
Salisbury Steak Mashed Potatoes Green Beans Apple	Ham and Cabbage Mashed Potato Carrots	Sausage, Egg and Cheese Muffins Oven Roasted Potatoes Apple Compote MOW Cupcake 	Macaroni & Cheese Stewed Tomatoes Peaches	Chicken Florentine Penne Pasta Capri Vegetable Blend Orange
MONDAY 10/19	TUESDAY 10/20	WEDNESDAY 10/21	THURSDAY 10/22	FRIDAY 10/23
Vegetable Lasagna Italian Vegetables Tossed Salad Banana	Chicken Cheesesteak Baked Potato Broccoli Applesauce	Goulash Prince Edward Veggie Blend Fruited Gelatin PB Cookie	Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend Orange	Parmesan Baked Fish Seasoned Potatoes Capri Vegetables Orange
MONDAY 10/26	TUESDAY 10/26	WEDNESDAY 10/28	THURSDAY 10/29	FRIDAY 10/30
Sausage, Pepper and Onion Rice Pilaf Spinach Tropical Fruit	French Toast Sausage Links Oven Roasted Potatoes Green Beans Apple Sauce	Mushroom Swiss Burger Oven Roasted Potatoes Harvest Blend Vegetables Blondies	Chicken Nuggets Garlic Mashed Potatoes Green Beans Tossed Salad Peaches	Turkey Cheeseburger Oven Roasted Potatoes Garden Veggie Blend Brownie