
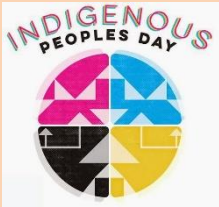




October 2025-Congregate

Menu may change without notice.



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Chicken w/Teriyaki Sauce Stir-fry Veg Parslied Potatoes Oatmeal Fruit Bar Grape Juice Wheat Bread Milk	2 Tuna Salad 3 Bean Salad Macaroni Salad Sliced Pears WW Pita Bread Milk	3 Pepper Steak Roasted Broccoli Baby Bakers Fresh Fruit Rye Bread Milk
6 Southwest Chicken Mexican Corn Cajon Seasoned Potatoes Fresh Fruit Rye Bread Milk	7 Cheese Omelet Stewed Tomatoes & Kale O'Brien Potatoes Pineapple Tibits Banana Muffin Milk	8 BBQ Beef Rib Country Mix Veg O'Brien Potatoes Applesauce Wheat Bread Milk	9 Italian Chicken Sausage w/ Fire Roasted Veg Broccoli Rosemary Potatoes Ice Cream Fruit Punch Rye Milk	10 Spinach Lasagna w/White Sauce Italian Blend Wax Beans Lemon Cookies Apple Juice Wheat Roll Milk
13  <i>Lunch Cancelled</i>	14 Stuffed Peppers Sliced Carrots Mashed Potatoes Shortbread Cookies Grape Juice Rye Bread Milk	15 Chicken Parm Broccoli & Cauliflower Tri-color Pasta w/ Marinara Sauce Fresh Fruit Wheat Roll Milk	16 Hamburger Baked Beans Tator Tots Pudding Apple Juice Hamburger Roll Milk	17 Soup de Jour Baked Salmon w/Mustard Dill Sauce Mixed Veg Ancient Grains & Kale Fruit Cocktail Rye Bread Milk
20 Salisbury Steak Carrots Baby Bakers Fresh Fruit Wheat Bread Milk	21 Cheese Manicotti w/Marinara Sauce Italian Blend Mixed String Beans Sherbet Fruit Punch Wheat Roll Milk	22 Beef Empanadas Mexican Corn Cajon Seasoned Potatoes Diced Peaches Wheat Bread Milk	23 Virginia Ham Red Cabbage & Apples Sweet Potatoes Fruited Yogurt Cran-Apple Juice Rye Bread Milk	24 Crab Cakes Diced Beets O'Brien Potatoes Applesauce Wheat Bread Milk
27 NY Strip Steak Mixed Veg Baby Bakers Pineapple Tidbits Rye Bread Milk	28 BBQ Chicken Succotash Sweet Potatoes & Apples Soft Chocolate Cookie Orange-Pineapple Juice Cornbread Milk	29 Baked Salmon w/Garlic Cream Sauce Summer Blend Ancient Grains & Kale Fresh Fruit Wheat Bread Milk	30 Minestrone Soup Meatball Sub w/Parmesan Cheese Broccoli Rosemary Potatoes Sliced Pears Bun Milk	31 <u>Happy Halloween</u> Breaded Chicken w/Gravy Green Beans Parslied Potatoes Cinnamon Bites Fruit Punch Rye Bread Milk 

Portion Sizes: Meat or Alternative – 3oz. Vegetables & Fruit- ½ c. serving, ½ pt. milk: Butter will be served with bread. All vegetables, beans, and starches are vegetarian unless otherwise noted.