

October 2025

Milk & Fruit Served Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29	30	1	2	3
Week 3		 	Turkey (Pavo) Melt with Tomato on Wheat Steamed Spinach	Black Bean (Frijoles) Burger w/ Swiss on WG Bun Sweet Potato Fries Mixed Vegetables	Miso Glazed White Fish (Pescado) on Brown Rice Bok Choy w/ Carrots Asian Mixed Vegetable
	6	7	8	9	10
Week 1	Fish (Pescado) Florentine Stewed Tomatoes WW Dinner Roll	Sweet & Sour Chicken (Pollo) Onion Carrots & Bell Pepper Steamed Broccoli Brown Rice	Sloppy Joe (Carne) Sweet Potato Fries Roasted Brussels Sprouts WG Bun	Pork (Cerdo) Carnitas Pinto Beans Chuckwagon Corn WW Tortillas	Bratwurst (Cerdo) w/ Sauerkraut Seasoned Green Beans German Potato Salad WW Hot Dog Bun
		Pimento Cheese (Queso) & Cucumbers on Cornbread Bun Chicken (Pollo) Sausage Gumbo			 OKTOBERFEST
	13	14	15	16	17
Week 2	CENTER CLOSED	Classic Meatloaf (Carne) Green Beans Steamed Corn Quinoa	Turkey (Pavo) Club Salad on Mixed Greens Shredded Cheddar, Bacon, & Tomatoes Ranch Dressing WW Dinner Roll	Chicken (Pollo) Fajita Bowl Black Beans Spanish Rice	Breaded Fish Sandwich (Pescado) on a WG Bun w/ Tartar Sauce Dilled Peas & Carrots and Baked Lays
	20	21	22	23	24
Week 3	Zucchini w/ Italian Sausage (Cerdo) & Marinara Roasted Pepper & Onions WG Roll	Beef (Carne) Stroganoff on WW Pasta Green Beans Mixed Vegetable	French Toast w/ Maple Syrup Pork (Cerdo) Sausage Links Sweet Potato Hash V8 Juice	CENTER CLOSED	Pasta With Creamy Tomato Sauce & Chicken (Pollo) Diced Beets Steamed Spinach
			Caprese (Queso) on Rosemary Roll w/ Balsamic Glaze Tomato Basil Bisque		
	27	28	29	30	31
Week 4	Chicken (Pollo) Tinga Elote Corn Black Beans WW Tortillas	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Broccoli WG Dinner Roll	French Toast w/ Maple Syrup Pork (Cerdo) Sausage Links Sweet Potato Hash V8 Juice	Black Bean (Frijoles) Burger w/ Swiss on WG Bun Sweet Potato Fries Mixed Vegetables	Roasted White Fish (Pescado) w/Ginger, Scallions and Soy on Brown Rice, Roasted Eggplant, Green Beans
			Egg Salad & Tomato on Wheat Bread Garden Vegetable Soup		

Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.
Members without a lunch reservation may be placed as a "standby" meal based on availability.