

# October 2025

Milk & Fruit Served Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	29	30	1	2	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
Week 1	6	7	8	9	10
	Frozen	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
Week 2	13	14	15	16	17
	Frozen	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
Week 3	20	21	22	23	24
	Frozen	Beef (Carne) Stroganoff on WW Pasta Green Beans Mixed Vegetable	French Toast w/ Maple Syrup Pork (Cerdo) Sausage Links Sweet Potato Hash V8 Juice	Greek Chicken (Pollo) Bowl W/Feta, Spinach, and Dill Stewed Lentils and Tomatoes	Pasta With Creamy Tomato Sauce & Chicken (Pollo) Diced Beets Steamed Spinach
Week 4	27	28	29	30	31
	Frozen	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

The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc.