



# October 2026 Congregate Menu



| Monday                                                                                       | Tuesday                                                                               | Wednesday                                                                             | Thursday                                                                                          | Friday                                                                                             |
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|                                                                                              |                                                                                       |                                                                                       | 1<br>Lemon Maple Salmon<br>(Pescado, Carrots,<br>Zucchini, Brown Rice                             | 2<br>BBQ Chicken Salad<br>(Pollo) w/BBQ Ranch<br>Dressing, Romaine<br>Lettuce, Cabbage, WW<br>Roll |
| 5<br><br>Roasted Lemon Dill<br>Chicken (Pollo), Sweet<br>Potato, Green Beans,<br>WW Couscous | 6<br><br>Pork Chop Plate<br>(Cerdo), Peppers and<br>Onions, Potatoes,<br>Brown Rice   | 7<br><br>Teriyaki Chicken<br>(Pollo), Carrots,<br>Broccoli, Whole Grain<br>Noodles    | 8<br><br>Bean and Cheese<br>(Frijol y Queso) Burrito,<br>Red Salsa, Corn,<br>Whole Grain Tortilla | 9<br><br>Lemon Pepper<br>Chicken (Pollo) Salad<br>w/Romaine and<br>Cabbage, Whole Grain<br>Roll    |
| 12<br><br>HOLIDAY<br>CENTER CLOSED                                                           | 13<br><br>Turkey Burger (Pavo),<br>Yukon Potatoes, Green<br>Beans, Whole Grain<br>Bun | 14<br><br>BBQ Chicken (Pollo)<br>Salad, w/Romaine and<br>Cabbage, Whole Grain<br>Roll | 15<br><br>Teriyaki Tilapia<br>(Pescado), Broccoli,<br>Sweet Potatoes,<br>Whole Grain Noodles      | 16<br><br>Roast Beef (Carne)<br>Sandwich w/Yukon<br>Potato Salad, Whole<br>Grain Bun               |

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| 19                                                                                | 20                                                                                                      | 21                                                                      | 22                                                                                       | 23                                                                           |
| Pesto Chicken (Pollo)<br>Plate, Tomatoes,<br>Green Beans, Whole<br>Wheat Couscous | Turkey (Pavo) Taco<br>Bowl, w/Pinto Beans<br>and Corn, Brown Rice                                       | Egg (Huevos) Salad<br>Sandwich, Carrots,<br>Cabbage, Whole Grain<br>Bun | Center Closed for All<br>Staff Meeting                                                   | Ham (Cerdo)<br>Sandwich, w/Yukon<br>Potato Salad, Whole<br>Wheat Bun         |
| 26                                                                                | 27                                                                                                      | 28                                                                      | 29                                                                                       | 30                                                                           |
| Beef (Carne)<br>Bolognese, Zucchini,<br>Marinara, WW Rotini                       | Southwest Chicken<br>(Pollo) Salad<br>w/Romaine Lettuce,<br>Roasted Corn, Quinoa,<br>Southwest Dressing | Pork (Cerdo) Fried<br>Rice, Carrots,<br>Broccoli, Brown Rice            | Lemon and Herb<br>Baked Cod (Pescado),<br>Chickpeas, Cabbage,<br>Whole Wheat<br>Couscous | Stacked Cheese<br>(Queso) Enchiladas,<br>Black Beans, Corn,<br>Corn Tortilla |

- Milk and fruit served daily
- Meal reservations required 4 days in advance
- Suggested contribution of \$2.50 for members 60 and older
- \$5 per meal for members 59 and under