



October 2026 HDM Menu



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

19 COLD MEAL	20 Turkey (Pavo) Taco Bowl, w/Pinto Beans and Corn, Brown Rice	21 Egg (Huevos) Salad Sandwich, Carrots, Cabbage, Whole Grain Bun	22 Coconut Tilapia (Pescado), Broccoli, Edamame, Brown Rice	23 Ham (Cerdo) Sandwich, w/Yukon Potato Salad, Whole Wheat Bun
26 COLD MEAL	27 Pork (Cerdo) Fried Rice, Carrots, Broccoli, Brown Rice	28 Southwest Chicken (Pollo) Salad w/Romaine Lettuce, Roasted Corn, Quinoa, Southwest Dressing	29 Lemon and Herb Baked Cod (Pescado), Chickpeas, Cabbage, Whole Wheat Couscous	30 Stacked Cheese (Queso) Enchiladas, Black Beans, Corn, Corn Tortilla

- Milk and fruit served daily
- The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc.