

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Pepper Chicken Mashed Potatoes Peas Pears w/Granola	2 Chicken Sandwich Mixed Veggies Applesauce
5 Beef and Barley Soup Green Beans Mandarin Oranges	6 Cajun Shrimp Rice Zucchini Peaches	7 Pot Roast Mashed Taters Green Bean Casserole Mixed Fruit	8 Ham Steak Mac and Cheese Peas Pineapple	9 Roasted Chicken Couscous Roasted Veggies Tropical Fruit
12 Loaded Potato Soup w/Bacon Peas Apricots	13 Shrimp and Sausage Gumbo Green Beans Fresh Fruit	14 Roasted Chicken Couscous Roasted Veggies Applesauce	15 Beef Fajitas Cauliflower Fruit Cocktail	16 Beef & Broccoli Rice Riviera Veggies Peaches
19 Unstuffed Pepper Bowl Peas and Carrots Tropical Fruit	20 Orange Chicken Pasta Asian Blend Veggies Apricots	21 Chicken Bacon Ranch Casserole Mixed Veggies Apple	22 Turkey Meatballs Rice Zucchini Peaches	23 Beef Stroganoff Carrots Pears
26 Fish Tacos Cauliflower Apricots	27 Clam Chowder Potatoes Carrots Fruit Cocktail	28 Chicken Alfredo Green Beans Peaches	29 Meatloaf Roasted Potatoes Broccoli Pineapple	30 Meatloaf Roasted Potatoes Beets Pineapple

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