

## Lunch Club 60 Menu – October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Pub Burger</b> on a Bun with cheese, lettuce, and tomato Zucchini Peach Cup Pudding Cup	<b>Chicken Parmesan</b> with Penne Pasta Salad with Italian Dressing Fresh Banana	<b>Roast Beef</b> with Gravy Mashed Potatoes Green Beans Dinner Roll with Butter Fresh Orange	<b>BBQ Pulled Pork</b> on a Bun Roasted Potatoes Corn Cobette Mandarin Cup	<b>Chicken Alfredo</b> over spaghetti Breadstick Salad with Italian Dressing Peach Cup
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Salisbury Steak</b> with Gravy Mashed Potatoes Brussels Sprouts Cream Puffs	<b>Tomato Florentine Soup</b> Broccoli and Cheese Quiche Mixed Fruit Cup	<b>“Fried” Chicken on a Bun</b> with Swiss and Honey Mustard Zucchini Peaches	<b>Cobb Salad</b> with Chicken, Egg, Cheddar, and Ranch Dressing Dinner Roll with Butter Ice Cream	<b>Tortilla Crusted Tilapia</b> Rice Salsa Cup Green Beans Fruit Pie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Stuffed Shells with Marinara Sauce</b> Breadstick Broccoli Fruit Cup	<b>Chicken Salad</b> Sandwich on a Bun Salad with Italian Dressing Peach Cup Mini Eclairs	<b>Pork Fajita Bowl</b> with rice, black beans, peppers, onions, and cheddar Salsa Cup Tortilla Chips Banana	<b>Meatloaf</b> with Gravy Mashed Potatoes Breadstick Green Beans Mixed Fruit Cup	<b>Greek Chicken</b> with tzatziki, cucumber, tomato, and feta on a Pita Salad with Italian Dressing Pudding Cup
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breaded Pollock</b> with Tartar Roasted Potatoes Cole Slaw Fresh Apple	<b>Shredded Beef BBQ</b> on a Bun Roasted Potatoes Carrots Pear Cup	<b>Split Pea Soup</b> Grilled Chicken over Salad with Ranch Dressing Mini Eclairs	<b>Macaroni and Cheese</b> Stewed Tomatoes Fresh Apple Jello Cup	<b>Ground Beef Taco Salad</b> Salsa & Tortilla Chips Sour Cream Mixed Fruit Cup Cream Puffs
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>BBQ Chicken</b> on a Bun Corn Mandarin Cup Brownie	<b>Tuna Pasta Salad</b> Broccoli Dinner Roll with butter Mixed Fruit Cup Banana	<b>Philly Cheesesteak</b> Sub Roll With Peppers, Onions, and Mushrooms Green Beans Jello Cup	<b>Vegetable Soup</b> Ham and Cheese Quiche Peach Cup	<b>Penne and Meatballs</b> Breadstick Broccoli & Cauliflower Apple Sauce

Menu subject to change. Contact your local Senior Center Meal Site for updates and specialty meal changes.

*All meals served with milk (1% or Fat-Free Chocolate)  
Certified by Michelle Koch Blood, RD - 9/19/2025*