



Monday	Tuesday	Wednesday	Thursday	Friday
2 Glazed Salmon over Rice Prince William Vegetables Fresh Apple Rainbow Sherbet	3 Ground Beef Wedding Soup Chicken Breast over Salad with Italian Dressing Dinner Roll Pear Cup	4 Chicken with Mushroom Gravy Mashed Potatoes Green Beans Pear Cup Ice Cream Cup	5 Pork Loin with Gravy Roasted Sweet Potatoes Brussels Sprouts Fresh Apple Cookie	6 Turkey Chili with cheddar and sour cream Corn Muffin Broccoli Pear Cup
9 Chicken Piccata over Rice Spinach Mixed Fruit Cup Raisins	10 Shaved Chicken and Gravy over Biscuit Mixed Vegetables Fresh Orange Mini Eclairs	11 Veteran's Day Pork Rib Patty with BBQ Sauce Macaroni Salad Chuckwagon Corn Mixed Fruit Cup	12 Tomato Florentine Soup Spinach Quiche Italian Blend Vegetables Ice Cream Cup	13 Butter Chicken over rice Scandinavian Blend Veg Pineapple Cup Pudding Cup
16 Sloppy Joe on a Bun Peas & Carrots Mixed Fruit Cup Ice Cream Cup	17 Tuna Pasta Salad Dinner Roll with Butter Key Largo Vegetables Fresh Pear	18 Chicken Soup Tossed Salad with Cucumber, Tomato, and Italian Dressing Cherry Pie	19 Chicken Patty On a Bun with Honey Mustard and Swiss Cheese Roasted Potatoes Carrots Peach Cup	20 Breaded Pollock with Tartar Sauce Roasted Potatoes Cole Slaw Pineapple Cup
23 Thanksgiving Meal Turkey and Gravy Mashed Potatoes Bread Dressing Cranberry Sauce Green Beans Mandarin Oranges Pumpkin Pie	24 Chicken Parm over Pasta San Francisco Vegetable Blend Mixed Fruit Cup	25 Tilapia al Forno (Tilapia with bread crumbs) Pasta in Sauce Key Largo Vegetables Fresh Apple	26  No Meals Served	27  No Meals Served
30 Pub Burger on a Bun with Cheese, Lettuce, Tomato, and Relish Broccoli & Carrots Fresh Banana	1 BBQ Beef over Baked Potato with Sour Cream Carrots Fresh Apple Jello Cup	2 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	3 Beef Barley Soup Roasted Potatoes Brussels Sprouts Peach Cup Mini Eclairs	4 Chicken Patty on a Bun with Lettuce and Mayo Peas & Carrots Mandarin Oranges

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) and fortified juice

Certified by Michelle Koch Blood, RD - 9/28/2026