

CENTER FOR ELDERS:

OCTOBER 2026 MONTHLY MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Goulash Fruit Vegetables Garlic Toast	2 Chicken Gravy Mashed Potatoes 3 Bean Salad Fruit Bread	3
4	5 Sloppy Joes Fruit Vegetables Hamburger Bun	6 Baked Chicken Potato Salad Fruit Vegetables Bread	7 Cabbage Soup Crackers Fruit Vegetables Bread	8 Mushroom Pork Chop Mashed Potatoes Fruit Vegetables Bread	9 Indian Tacos Fresh Fruit October Birthdays	10
11	12 CENTER CLOSED	13 Meatloaf Fruit Vegetables Bread	14 Lasagna Soup Fruit Vegetables Garlic Breadstick	15 Pulled Pork Cowboy Beans Fruit Vegetables Hamburger Bun	16 Polish Sausage Mac & Cheese Fruit Vegetables Hot Dog Bun	17
18	19 Spaghetti Fruit Vegetables Garlic Toast	20 Roast Beef Baked Potato Roasted Vegetables Fruit Bread	21 Chili Crackers Fruit Vegetables Corn Bread	22 Shepherd's Pie Fruit Vegetables Bread	23 Liver & Onions Fruit Vegetables Bread	24
25	26 Hot Dog French Fries Fruit Vegetables Hot Dog Bun	27 Chicken Fajita's Rice Fruit Vegetables Tortilla	28 Potato Soup Crackers Fruit Vegetables Bread	29 Ham Patty Scalloped Potatoes Fruit Vegetables Bread	30 Pork Roast Stuffing Fruit Vegetables Bread	31
DRINK: COFFEE, MILK, WATER, TEA, AND JUICE THIS MENU IS SUBJECT TO CHANGE						