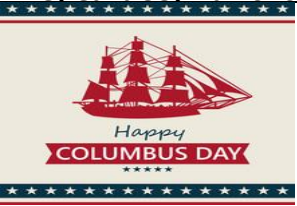


OCTOBER 2026

This program is made possible by funding from the Executive Office of Aging & Independence

Congregate Menu

Donation: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
This meal provides more than 1/3 of your daily intake			1 Fish w/Dijon Couscous Peas & Onions LS Wheat Bread Chilled Pears	2 Turkey w/Gravy Stuffing Butternut Squash LS Wheat Bread Apple Slices w/Cinnamon
			Cal 675, Carb 100, Na 695	Cal 605, Carb 90, Na 1020
5 Baked Ziti w/ Ricotta & Mozzarella Green Beans Garlic Knot Mixed Fruit	6 BBQ Pulled Pork on Bun Baked Beans Vegetable Blend Chilled Peaches	7 <i>Potato Leek Soup</i> Marry Me Chicken Buttered Orzo Vegetable Blend Multigrain Bread Cookie	8 Black Bean & Barley Chili Vegetable Blend WW Dinner Roll Fresh Fruit	9 <i>Special-</i> Crab Cakes w/Tartar Sauce Roasted Corn Coleslaw LS Wheat Bread Blueberry Crisp
Cal 725, Carb 95, Na 1040	Cal 735, Carb 90, Na 1235	Cal 930, Carb 105, Na 1025	Cal 725, Carb 120, Na 1025	Cal 920, Carb 125, Na 1040
	13 Frittata O'Brien Potatoes Stewed Tomatoes LS Wheat Bread Mandarin Oranges	14 Breaded Fish Filet Hamburger Bun Root Vegetables Vegetable Blend Pudding	15 <i>Minestone Soup</i> Pot Roast w/Gravy Mashed Potatoes Peas & Carrots LS Wheat Bread--Cupcake	16 Chicken a la King Buttered Noodles Vegetable Blend Multigrain Bread Fresh Fruit
No Meals Served	Cal 655, Carb 90, Na 880	Cal 815, Carb 95, Na 960	Cal 880, Carb 115, Na 1125	Cal 785, Carb 100, Na 705
19 Mac & Cheese Broccoli WW Dinner Roll Applesauce	20 <i>Cream of Tomato</i> Chicken & Rice Bake Green Beans Multigrain Bread Pudding	21 Turkey & Lentil Bolanese w/Pasta Vegetable Blend LS Wheat Bread Fresh Orange	22 Steak Fajitas Peppers & Onions Rice & Beans Tortilla Chilled Pears	23 Mixed Bean & Vegetable Stew Cauliflower LS Wheat Bread Fig Bar
Cal 820, Carb 95, Na 1055	Cal 790, Carb 115, Na 1160	Cal 790, Carb 110, Na 510	Cal 855, Carb 105, Na 975	Cal 700, Carb 120, Na 980
26 Chicken Cordon Bleu Sweet Potatoes Vegetable Blend Multigrain Bread Pudding	27 Lasagna Marinara Green Beans Garlic Roll Chilled Peaches	28 Beef Stroganoff Buttered Noodles Vegetable Blend LS Wheat Bread Brownie	29 Turkey Pot Pie Mashed Potatoes Buttermilk Biscuit Mandarin Oranges	30 <i>Italian Vegetable</i> Fish Scampi w/Couscous Vegetable Blend Rye Bread Fresh Fruit
Cal 650, Carb 100, Na 1130	Cal 610, Carb 85, Na 860	Cal 870, Carb 115, Na 700	Cal 585, Carb 85, Na 930	Cal 620, Carb 95, Na 745