



Senior Nutrition Program

October, 2026

Monday	Tuesday	Wednesday	Thursday	Notes
			1 Chili Coleslaw 100% Fruit Juice Cornbread	<i>Please let us know, in advance, if you will <u>not</u> be home on a scheduled delivery day, so we can minimize food waste.</i> All meals include choice of bread (white or wheat), milk (2%, skim, or buttermilk) or fruit juice. You may request an alternative entrée or side (Cook's Choice) for any meal by providing at least one week's notice to the kitchen. Please refrigerate your meal if it will not be consumed upon delivery. If your meal is not consumed within 2 days of delivery, please discard.
5 Hot Dog Sauer Kraut Mashed Potatoes Apricots Bun	6 Fish French Fries Green Beans Mandarin Oranges Bun	7 Chicken Noodle Casserole Broccoli Side Salad Peach Crisp	8 Sandwich Spread Potato Salad Pickled Beets 100% Fruit Juice Bun	
12 CLOSED	13 Chicken Strips Tater Tots Brussels Sprouts Applesauce Bread	14 Mac & Cheese Peas Stewed Tomatoes Pineapple	15 Ham & Bean Soup Red Beets 100% Fruit Juice Cornbread Dirt Pudding Dessert	
19 Cheeseburger Red Skinned Potatoes Prince William Blend Veggies Apricots Bun	20 COOKS CHOICE	21 Turkey with Gravy Mashed Potatoes California Blend Veggies Jello with Fruit Bread	22 Taco Salad Taco Meat/Cheese Lettuce/Tomato/Onion/Salsa 100% Fruit Juice Cookie	
26 Sausage Gravy Potato Triangle Broccoli 100% Fruit Juice Biscuit	27 Cream Chicken Mashed Potatoes Capri Blend Veggies Pineapple Bun	28 Swedish Meatballs/Noodles Mixed Vegetables Cucumber Tomato Salad Pears Bread	29 Turkey & Cheese Lettuce/Tomato 3 Bean Salad Jello with Fruit Bun	

Contact Us: Central Kitchen at 740-922-6347 or the Nutrition Administrative Office at 740-922-6880