

MCOA&CS October 2026 Menu - Nyssa

Nyssa Senior Center - 316 Good Ave., Nyssa, OR - (541) 372-5660

Lunch is Served from 12:00 pm to 1:00 pm; Seniors 60 & older, no charge; 59 & younger, \$5.00/meal

Thursday, October 1, 2026	Tuesday, October 6, 2026	Thursday, October 8, 2026
Pork Loin Baked Potato Sour Cream/Cheese Fresh Fruit Wheat Bread Fruit Bar Milk/Coffee/Water	Turkey Mashed Potatoes w/ Turkey Gravy Green Beans Dinner Roll Fruit Salad w/Dressing Fruit Hand Pie Milk/Coffee/Water	Al Pastor Pineapple Salsa Cilantro Lime Rice Mixed Veggies Tortilla (2) Fruit Chicken Tortilla Soup Fruit Bearclaw Milk/Coffee/Water

Tuesday, October 13, 2026	Thursday, October 15, 2026	Tuesday, October 20, 2026
Chicken Pot Pie Mixed Veggies Fruit Salad w/ Dressing Pie Crust Disk (2) Fresh Fruit Dutch Apple Pie Milk/Coffee/Water	Beef & Broccoli Steamed White Rice Carrots Fruit Egg Flower Soup Japanese Milk Roll Birthday Cake! Milk/Coffee/Water	Chicken Alfredo Rotini Peas Garlic Focaccia Breadstick Fruit Salad w/ Dressing Carrot Cake Cupcake Milk/Coffee/Water

Thursday, October 22, 2026	Tuesday, October 27, 2026	Thursday, October 29, 2026
Lemon Thyme Chicken Rice Pilaf Green Beans Fruit Minestrone Soup Clover Roll Cinnamon Roll Milk/Coffee/Water	Marinara w/Italian Sausage Rotini Peas Garlic Knots Fruit Salad w/ Dressing Fruit Turnover Fruit Empanada	Pork Carnitas Enchilada Spanish Rice Carrots Salsa/Sour Cream Jalapeno Cheddar Roll Fruit Hearty Vegetable Soup Fruit Empanada Milk/Coffee/Water