

🍴 Elders Lunch Menu 🍴

October 2026

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
			Beef Bourguignon w/Mushrooms Vegetable fruit	Kung Pao Chicken Brown Rice Vegetables Fruit
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Spaghetti and Meat Sauce Roasted Vegetables Fruit	Pesto Chicken Vegetables Fruit Dessert	Breaded Baked Cod Coleslaw Fruit	Rosemary Garlic Pork Loin Vegetables Fruit	Vegetable Soup BLT Sandwich on WW Bread Fruit
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Roasted Turkey Sweet Potato Vegetables Fruit	Shrimp Italian Blend Veggie Fruit	Chicken Pot Pie w/ Veggies Fruit Dessert	Pork Stir fry w/Oriental Veggies Brown Rice fruit	Salisbury Steak Roasted Potato Vegetables Fruit
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Baked Salmon Brown Rice Pilaf Steamed Veggies Fruit	Baked Potato Bar w/ The Works Sauté Veggies Fruit	Tri Tip Beef Roast Vegetable Fruit Dessert	Meatball Sub Sandwich w/ Marinara Sauce Vegetables Fruit	Pork Ribs WW Pasta Salad Vegetables Fruit
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Tomato Soup WW Grilled Cheese sandwich Vegetables Fruit	Cajun Red Beans & Rice Vegetables Fruit	Amandine Cod Fish Vegetables Fruit	Beef & Pepper Steak Vegetables Fruit Dessert	Thai Coconut Shrimp Brown Rice Vegetables Fruit

Created on: 9/30/2026 by Gina Williams
 Approved by Randall Carpio, ND, 10/2/2026

Salad Bar Served Daily