

October 2026

Monday	Tuesday	Wednesday	Friday
 			2 Salisbury Steak Mashed potatoes Green Beans Roll Lemon Bar
5	6	7	9
Rueben Sandwich Tater Tots Fruit	Parmesan Crusted Cod Rice Pilaf Peas & Carrots Brownie	Tuna Salad Sandwich Chips Cake with Berries	 Chef's Choice!
12	13	14	16
Chicken Fajitas with Onions & Peppers Sour Cream/Salsa Fiesta Rice/Beans Pears	No Congregate Lunch	Ham & Scalloped Potato Casserole Vegetable WW Roll Pudding	No Congregate Lunch
19	20	21	23
Spaghetti and Meatballs Green Beans Garlic Toast Cookie	No Congregate Lunch	Chopped Salad Salami/Provolone/Pepperoni/Chickpeas/Red Onion/Tomatoes Vinaigrette Dressing Roll & Jello	Roast Beef Sandwich Cheese/Tomato/Lettuce Chips Fruit
26	27	28	30
Chicken Parmesan With Pasta Italian Vegetables Cookie	Loaded Baked Potato Broccoli/Cheese/Sour Cream Carrot Coins Cobbler	Chicken Gyro Wrap Tomatoes Tzatziki Sauce Potato Salad Tropical Fruit Salad	Halloween Lunch Witches Stew Biscuit Spooky Dessert 

Lunch is served at the Community Center on Mondays. Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required. Menu subject to change due to availability of supplies and produce.

Please note: there will be no HDM on Tuesdays. Meals are subject to change.