

OCTOBER 2026 MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Coq Au Vin, Green Beans, Egg Noodles		
4	5	6	7	8	9	10
		Cheese Stuffed Shells w/Crushed Tomato Sauce Green Beans Apple Crumble		Beef Stroganoff w/Egg Noodles Mixed Vegetables Peach Crumble		
11	12	13	14	15	16	17
		Coq au Vin (Red Wine Braised Chicken) Egg Noodles Green Beans	Tuna Sandwich	Turkey w/Gravy Stuffing Glazed Sweet Potatoes Mixed Vegetables		
18	19	20	21	22	23	24
		Chicken Francese (Lemon Butter Chicken) Broccoli Rice *Whole Fresh Fruit		Roasted Tilapia Lemon Rice Peas Apple Crumble		
25	26	27	28	29	30	31
		General Tso's Chicken Fried Rice Broccoli		Baked Mac & Cheese Stewed Tomatoes Green Beans *Whole Fresh Fruit		