

OCTOBER 2026
MONTHLY LUNCH CALANDER

OCTOBER LUNCH MENU – Whole Wheat Bread & 1% Milk Included

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Pernil, Brown Rice w/ Kidney Beans, Green Plantain, Mixed Green Salad w/ Dressing, Watermelon	2) Fish w/ Creole Sauce, Rice w/ Chickpeas, Steamed Spinach, Fresh Pineapple
5) Creamy Chickpea Potato Curry, Brown Rice, Classic Garlic Bread, Steamed Cabbage, Orange	6) Turkey & Beef Salisbury Steak w/ Mushroom Gravy, Yellow Rice, California Blend Veggies, Banana	7) Chicken Parmesan, Multigrain Bread, Penne, Sauteed Spinach, Tossed Salad w/ Dressing, Honeydew	8) Pork Spare Ribs, Cornbread, Mashed Sweet Potatoes, Steamed Collard Greens, Cantaloupe	9) Fish w/ Creole Sauce, Baked Fries, California Blend Veggies, Grapes
12) Caribbean Rice & Red Beans, Tossed Salad w/ Dressing, Cantaloupe	13) Sweet & Sour Chicken Tenders, Whole Wheat Dinner Roll, Garlic Mashed Potatoes, Steamed Broccoli, Orange	14) Braised Beef Short Ribs, Baked Potato, Brussels Sprouts, Watermelon	15) Baked Chicken Breast w/ Yogurt, Steamed Cabbage, Sweet Baked Yams, Apple	16) Baked Fish w/ Mushrooms & Peppers w/ Lemon Dill Fish Marinade, Yellow Rice, Sauteed String Beans, Grapes
19) White Bean & Veggie Pot Pies w/ Cornbread Crust, Classic Garlic Bread, Tossed Salad w/ Dressing, Apple	20) Baked Korean Chicken Wings, Baked Macaroni & Cheese, Sauteed String Beans, Pear	21) Stewed Pork Chops, Brown Rice, Steamed Spinach, Tossed Salad w/ Dressing, Orange	22) Turkey Burger w/ Cheese, Whole Wheat Hamburger Bun, Baked Fries, Cabbage Carrot Slaw, Honeydew	23) Baked Fries w/ Lemon Garlic Butter Sauce & Sauteed Onions & Peppers, Yellow Rice, Steamed Carrots, Banana or Canned Sliced Peaches
26) Arroz con Gandules, Boiled Southern Greens, Canned Pineapple	27) Beef & Turkey Meatloaf w/ Mushroom Gravy, Classic Garlic Bread, Broccoli & Red Peppers, Garlic Mashed Poatoes, Cantaloupe	28) Stuffed Peppers w/ Turkey, Classic Garlic Bread, Steamed Carrots, Honeydew	29) Baked Turkey Drumsticks, Rice & Beans, Tossed Salad w/ Dressing, Orange	30) Baked Salmon w/ Lemon, Tarragon & Thyme, Salmon Salad, Whole Grain Corn Muffins, Cole Slaw, Potato Salad w/ Egg, Banana

MENU SUBJECT TO CHANGE!
THANK YOU FOR YOUR CONTRIBUTIONS. IT
HELPS TO ENHANCE THE PROGRAM WITH
PARTIES, SUPPLIES AND EVENTS 😊