

October 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Omelet Sausage Patty Tater Tots Biscuit Orange Juice	2 Chicken Parmesan Small Shell Pasta with Marinara Sauce Italian Blend Vegetables Mixed Berry Blend Italian Bread	3 Chili Cornbread French Cut Green Beans Diced Peaches Sugar Cookie
6 Swedish Meatballs Buttered Noodles Mixed Vegetables Applesauce Whole Wheat Dinner Roll	7 Italian Sausage Sandwich with Peppers & Onions Tater Tots Steamed Broccoli Florets Golden Fruit Parfait	8 Roast Beef with Gravy Mashed Potatoes Honey Glazed Carrots Diced Pears Whole Wheat Dinner Roll	9 Breaded Chicken Nuggets with Honey Mustard Dipping Sauce Scalloped Potatoes French Cut Green Beans Mandarin Oranges Vanilla Pudding	10 Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Diced Peaches Chocolate Chip Cookie
13 Hamburger on a Whole Wheat Roll Tater Tots Mixed Vegetables Mixed Berry Blend	14 Chicken Cacciatore Small Shell Pasta with Marinara Sauce Italian Blend Vegetables Diced Pears Italian Bread Sugar Cookie	15 Baked Ham Mashed Sweet Potatoes Steamed Broccoli Florets Golden Fruit Parfait Whole Wheat Dinner Roll Vanilla Pudding	16 Breaded Fish Sandwich on a Whole Wheat Roll Scalloped Potatoes French Cut Green Beans Applesauce	17 Cheese Pizza Mandarin Oranges Chocolate Chip Cookie
20 Honey Mustard Chicken Mashed Potatoes with Gravy California Blend Vegetables Golden Fruit Parfait Whole Wheat Dinner Roll	21 Meatball Hoagie on a Whole Wheat Roll Tater Tots Key West Vegetables Mixed Berry Blend	22 Breaded Fish Filet AuGratin Potatoes Steamed Broccoli Florets Diced Peaches Chocolate Cake with Whipped Topping	23 Hot Dog on a Whole Wheat Bun Baked Beans Corn Mandarin Oranges	24 Chicken Broccoli Alfredo with Fettuccini Italian Blend Vegetables Warm Applesauce Italian Bread
27 Philly Cheese Steak Sandwich on a Whole Wheat Roll Tater Tots Key West Vegetables Diced Peaches	28 Kielbasa Cabbage & Noodles Mixed Vegetables Fruit Cocktail Whole Wheat Dinner Roll	29 Chicken Patty Sandwich on a Whole Wheat Roll Corn Monte Carlo Vegetables Diced Pears	30 Roast Pork with Gravy Stuffing Sweet Potato Souffle French Cut Green Beans Applesauce	31 Swiss Steak with Beef Gravy Mashed Potatoes Maple Dill Carrots Mandarin Oranges Whole Wheat Dinner Roll