

October 2026 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 Chicken Parmesan Small Shell Pasta with Marinara Sauce Italian Blend Vegetables Diced Pears Italian Bread	2 Cheese Pizza Mandarin Oranges Chocolate Chip Cookie
5 Swedish Meatballs Buttered Noodles Monte Carlo Vegetables Applesauce Whole Wheat Dinner Roll	6 Baked Ham Mashed Sweet Potatoes Broccoli Florets Strawberry Cake with Whipped Topping	7 Breaded Fish Filet Buttered Parsley Potatoes Green Beans Diced Pears Chocolate Pudding	8 Turkey & Gravy Mashed Potatoes Peas Cranberry Juice Snickerdoodle Cookie Whole Wheat Dinner Roll	9 Macaroni & Cheese Stewed Tomatoes Key West Vegetables Fruit Cocktail Graham Crackers
12 Hamburger on Whole Wheat Roll Tater Tots Mixed Vegetables Mandarin Oranges	13 Chicken Cacciatore Small Shell Pasta with Marinara Sauce Italian Blend Vegetables Diced Pears Sugar Cookie Italian Bread	14 Meatloaf with Gravy Mashed Potatoes Maple Dill Carrots Mixed Berry Blend Whole Wheat Dinner Roll	15 Breaded Fish Sandwich on a Whole Wheat Roll Buttered Parsley Potatoes Broccoli Florets Golden Fruit Parfait	16 Chili Saltines Green Beans Warm Applesauce Chocolate Cake with Whipped Topping
19 Breaded Chicken Nuggets Honey Mustard Dipping Sauce Scalloped Potatoes Mixed Vegetables Mandarin Oranges Vanilla Pudding	20 Meatball Hoagie on a Whole Wheat Roll Tater Tots Broccoli Florets Applesauce	21 Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Diced Peaches Graham Crackers	22 Hot Dog on a Whole Wheat Bun Baked Beans Corn Grape Juice	23 Chicken Broccoli Alfredo with Rotini Italian Blend Vegetables Golden Fruit Parfait Italian Bread
26 Chicken Patty Sandwich on a Whole Wheat Roll Buttered Parsley Potatoes Monte Carlo Vegetables Mandarin Oranges	27 Roast Pork with Gravy Mashed Sweet Potatoes Broccoli Florets Fruit Cocktail Chocolate Pudding	28 Cheese Omelet Sausage Patty Tater Tots Biscuit with Jelly Orange Juice	29 Italian Sausage Sandwich with Peppers & Onions on a Whole Wheat Roll Corn Green Beans Applesauce	30 Swiss Steak Mashed Potatoes with Gravy Maple Dill Carrots Diced Pears Whole Wheat Dinner Roll