

October 2025 Regular menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce	30 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan	1 Yom Kippur – Cold Chicken Salad ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2 pc MG bread 1pc Cookie	2 Yom Kippur 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc WW bread 1pc Fresh Fruit - Orange	3 Breaded Fish Mixed Veg Mashed Potato 1 pc Rye Bread Chilled Pineapple Tartar Sauce
6 Two Compartment 3 oz Grilled Chicken 2oz Lemon Pepper Sauce 1 cup Tuscan White Bean Pasta* (tomatoes, spinach, garlic) 1pc Cookie 1pc MG Bread	7 Shepard's Pie 3oz beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit ½ cup canned Fruit	8 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Cinamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	9 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower 1pc WW Burger Bun 1pc Tartar Sauce ½ cup Chocolate Pudding No Margarine	10 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins 1pc Parmesan
13 No Meals Indigenous Peoples' Day	14 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice Vienna Bread ½ cup Mandarins	15 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Combread 1pc Brownie	16 Two Compartment 3oz Ravioli 4 oz Turkey Bolognese ½ c Broccoli 1 pc WW Garlic Roll 1pc Fresh Fruit 1pc parmesan	17 1pc Cheese Omelet 1pc Turkey Sausage 1pc Creamy Polenta ½ cup Green Beans & Tomato 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup
20 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce (cong)	21 Lemon Garlic Fish ½ cup Corn ½ cup Creamed Spinach 1pc Oat Bread ½ cup Gelatin	23 Special: Two Compartment 3oz Pork with 2oz Apples ½ cup Mashed Butternut Squash ½ cup Roasted Brussels Sprouts 1pc Pumpkin Gingerbread 1pc Garlic Roll	24 Meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables 1pc Vienna Bread 1pc Fresh Fruit	25 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Broccoli 1pc WW Bread ½ cup 1pc Parmesan cheese
27 Two Compartment Beef Fajita 3oz Fajita Seasoned Sliced Beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans 1pc Tortilla ½ cup canned fruit 1pc Sour Cream No Margarine	28 Two Compartment Cold: 7oz Turkey Waldorf Salad (turkey, celery, grapes, mayo) ½ cup Vinaigrette Pasta Salad ½ Pita Bread 1pc Yogurt 1pc Juice 1pc Fresh Orange	29 1pc Crab Cake Congregate: 1oz Remoulade Sc. ½ cup Chuckwagon Corn ½ cup Peach Cobbler 1pm WW Roll ½ cup Tomato & Cuke Salad 1pc tartar sauce (HDM)	30 Two Compartment Coq au Vin 3oz Chicken Strips 4oz Wine Sauce with bacon, onions, herbs, onions, carrots & Mushrooms) ½ cup Steamed Potatoes 1pc Oat Bread	31 8oz Butternut Squash Macaroni and Cheese ½ cup Peas 1pc MG Bread ½ cup Pineapple 1pc Chocolate Candy (no nuts)

