



AGING & DISABILITY RESOURCE CENTER

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Macaroni & Cheese w/ BBQ Chicken Whole Grain Dinner Roll Seasoned Green Beans Zucchini & Tomatoes Pineapple & Mandarin Oranges Pudding	Glazed Ham Whole Grain Bread Baked Beans Marinated Cucumber & Onions Blueberry Pie
Orange Chicken Stir Fry Whole Grain Dinner Roll Vegetable Fried Rice Ginger Honey Glazed Carrots Mandarin Oranges	Hamburger on a Bun Lettuce & Tomato Baked Potato Wedges Beets Mixed Fruit	Roasted Herbed Turkey with Gravy Bread Dressing Mashed Potatoes Broccoli Apple Crisp	BBQ Pork Rib Patty Sandwich Baked Beans Glazed Carrots Pears Lorna Doone Shortbread Cookies	Breakfast for Lunch Egg, Sausage & Cheese English Muffin Seasoned Home Fries Warm Cinnamon Apples Coffeecake 100% Orange Juice
Beef Tacos Shredded Lettuce & Diced Tomatoes Shredded Cheddar Cheese & Sour Cream Black Beans Applesauce	Chicken & Broccoli Rice Bake Whole Grain Dinner Roll Garden Salad Corn Vanilla Pudding	Roast Beef with Gravy Italian Bread Herb-Roasted Potatoes Glazed Carrots Pound Cake with Strawberries	Chicken Parmesan Penne Pasta Whole Grain Dinner Roll Green Beans Broccoli & Cauliflower Fruited Gelatin with Pears	Teriyaki Meatballs Whole Grain Dinner Roll Confetti Brown Rice Peas Marinated Carrot Salad Orange
Chicken Pot Pie Biscuit Garlic Mashed Potatoes Brussels Sprouts Mixed Fruit	BBQ Pulled Pork Sandwich Roasted Sweet Potatoes Peas Fruited Gelatin w/ Mandarin Oranges	Chili Whole Grain Macaroni Homestyle Cornbread Garden Salad Peaches	Roasted Turkey w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Green Beans Old-Fashioned Apple Pie Apple Juice	Parmesan Cod Rye Bread Seasoned Home Fries Carrots Diced Pears Oatmeal Raisin Cookie
Honey-Lemon BBQ Chicken Whole Wheat Bread Mashed Sweet Potatoes Broccoli Coleslaw Vinaigrette Fruit & Grain Cereal Bar	Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Fruit	Split Pea Soup Cranberry Chicken Salad Croissant Garden Salad Harvest Cheddar Sunchips Fruit Juice	Chicken Cordon Bleu Mashed Sweet Potatoes Broccoli & Cauliflower Fruited Gelatin Granola Bar	Witch's Italian Sausage on a Bun Ghostly Rice Pilaf Graveyard Corn Spooky Kidney Bean Salad No tricks, just treats Sugar Cookie HAPPY HALLOWEEN!
All meals are served with 1% milk Due to unforeseen circumstances, there may be adjustments to the menu. Suggested Contribution: \$5/meal Contributions help to fund the services we provide. Please contribute what your budget allows.				