

October



2026

Monday	Tuesday	Wednesday	Thursday	Friday
28 Mixed Vegetable Quiche Roasted Butternut Squash Sauteed Spinach Biscuit	29 Lemon Herb Chicken Breast Roasted Sweet Potatoes Sauteed Asparagus Dinner Roll	30 Roast Beef with Rosemary Au Jus Baked Potato Steamed Green Beans Dinner Roll	1 Shrimp & Broccoli Alfredo Italian Bread	2 Lemon Dill Salmon Quinoa Kale Pilaf Sauteed Broccolini Italian Bread
5 Pork Carnitas Cilantro Lime Rice Dominican Black Beans Dinner Roll	6 Maple Dijon Glazed Chicken Breast Farro Vegetable Pilaf Roasted Carrots and Onions Dinner Roll	7 Shrimp & Grits Fried Okra Biscuit	8 Chicken Marsala Mashed Potatoes Sauteed Asparagus Dinner Roll	9 NE Style Haddock Kale & Sweet Potato Risotto Dinner Roll
12 BBQ Pulled Pork Baked Beans Braised Collard Greens Biscuit	13 Seafood Paella Roasted Peppers & Onions Baguette	14 Baked Ham Dinner Mashed Butternut Squash Roasted Brussels Sprouts Dinner Roll	15 Stuffed Manicotti with Marinara Sauteed Asparagus Garlic Knot	16 Roast Turkey with Gravy Mashed Potatoes Green Bean Casserole Dinner Roll
19 Pierogies with Peppers, Onions, & Kielbasa Sauerkraut Dinner Roll	20 Beef & Bean Chili Braised Collard Greens Cornbread	21 Chicken Cacciatore Steamed Couscous Broccoli Au Gratin Dinner Roll	22 American Chop Suey Steamed Asparagus Garlic Knot	23 Eggplant Parmesan Penne Marinara Sauteed Broccolini Italian Bread
26 Homestyle Meatloaf with Gravy Mashed Potatoes Steamed Peas & Carrots Dinner Roll	27 Beef Lasagna Steamed Broccoli Dinner Roll	28 Turkey & Quinoa Stuffed Peppers Roasted Brussels Sprouts & Mushrooms Dinner Roll	29 Swedish Meatballs in Gravy Buttered Egg Noodles Carrots & Parsnips Baguette	30 Chicken Cordon Bleu Basmati Rice Pilaf Broccoli & Cauliflower Baguette