

October 2026



Monthly Menu

All gravy and all bread contains gluten.
Each meal has 4-5 CHO.
Add 2 CHO for bread and milk.

Active
Generations

Monday

Tuesday

Wednesday

Thursday

Friday



5 Tater Tot Casserole
Broccoli
Fruit Cup

6 Swiss Steak
Mashed Potato & Butter
Wax Beans
Fruit Cup

7 Pulled Pork Sandwich
Cheesy Hashbrowns
Green Beans
Fruit Cup

1 Chicken Fried Steak
Mashed Potato &
Country Gravy
Peas Fruit Cup

2 Spaghetti & Meat Sauce
Italian Vegetable
Bread Stick
Fruit Cup

12 Chicken Kiev
Mashed Potatoes & Gravy
California Blend Veggies
Fruit Cup

13 Meatloaf
Baked Potato
Green Beans
Fruit Cup

14 Ham & Scalloped
Potato Casserole
Corn
Fruit Cup

15 Lasagna Casserole
Italian Vegetable
Garlic Toast
Fruit Juice

16 BBQ Ribs
Mashed Potatoes
Carrots
Fruit Cup

19 French Toast
Sausage Patty
Tomato Juice
Fruit Cup

20 Chicken Pot Pie
over Biscuit
Winter Mix Vegetables
Fruit Cup

21 Hot Ham & Cheese
On a Bun
Macaroni Salad
Green Beans Fruit Cup

22 Beef Stroganoff
Over Noodles
Corn
Fruit Juice

23 Fish Sticks
Mashed Potato/Butter
Stewed Tomatoes
Fruit Cup

26 Baked Ziti
Winter Blend Vegetables
Garlic Bread
Fruit Cup

27 Beef Stew
California Blend
Biscuit
Fruit Cup

28 Chicken & Broccoli Bake
Beets
Fruit Cup

29 Hamburger Gravy
Mashed Potato
Carrots
Fruit Juice

30 Egg Bake
Banana Bread
Green Beans
Fruit Cup

Meals on Wheels Clients: Please call the day before, by 2:30pm to cancel a meal.
Clients must receive at least 3 meals per week and maintain a consistent delivery schedule.

*All menu
items subject to change.*