

Congregate Senior Nutrition Program

October 2025 – Menu

29 – Monday	30 – Tuesday	1 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	2 – Thursday Chicken Pot Pie Lima Beans Cauliflower Diced Peaches SF Vanilla Pudding	3 – Friday Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetables Diced Pears Angel Food Cake
6 – Monday Turkey Goulash Garlic Green Beans Peaches Canned Pears Breadstick  Celebrate BDAYS	7 – Tuesday Beef Stew Seasoned Corn Whipped Potatoes w/ Gravy Baked Apples SF Jello Biscuit	8 – Wednesday Shredded Chicken w/ BBQ Peas Butternut Squash Cole Slaw Applesauce Bun	9 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches	10 – Friday Tuna Noodle Casserole or Turkey Patty w/ Gravy over White Rice Broccoli Cauliflower Mixed Fruit Graham Crackers Bread
13 – Monday Closed for Columbus Day 	14 – Tuesday Swiss Chicken Casserole Peas & Carrots Red Beats Diced Pears Bread SF Vanilla Pudding Guest Speaker TBA @ Woods Senior Center Banquet	15 – Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach Kidney Bean Salad Canned Pineapple Lorna Doones Vinegar packet Guest Speaker TBA @ Oxford	16 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly Guest Speaker TBA @ Senior Center	17 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
20 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	21 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit	22 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread	23 – Thursday Ham & Beans Corn Bread Broccoli Tossed Salad w/ reg ranch Diced Pineapple Bread	24 – Friday Baked Tilapia OR Grilled Chicken Breast w/ White Rice Garlic Green Beans Butternut Squash Peaches SF Chocolate Pudding
27 – Monday Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Mixed Fruit SF Vanilla Pudding Bread	28 – Tuesday Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding	29 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Butternut Squash Baked Apples Lorna Doones Bread	30 – Thursday Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	31 – Friday Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread

****The menu is subject to change****

All Meals served with 1% Milk/Tea/Water

**SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full price \$7.50)**