



OCTOBER 2026 MENU

Your Name _____



			Thu 10/1	Fri 10/2
			Baked White Fish w/Lemon Sauce Rice Pilaf Dessert	Chicken Cordon Bleu Herbed Rice Vegetables Dessert
			HOW MANY _____	HOW MANY _____
Mon 10/5	Tue 10/6	Wed 10/7	Thu 10/8	Fri 10/9
Spaghetti w. Meat Sauce, Vegetables Dessert	Baked Chicken Rice Pilaf Vegetables Dessert	Grilled Cheese Sandwich White Chili Dessert	Korean Beef Rice Stir Fry Vegetables Dessert	BBQ Pulled Pork on Bun Potato Salad Cole Slaw Dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____
Mon 10/12	Tue 10/13	Wed 10/14	Thu 10/15	Fri 10/16
Oven Fried Chicken Mashed Potatoes, Veggie, Dessert	BBQ Pulled Pork Bun Potato Salad Dessert	Rosemary Garlic Chicken Rice Pilaf Vegetables Dessert	Pork Roast w/Apples Mashed Sweet Potatoes Vegetables Dessert	Shepherds Pie Veggie Salad Dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____



Autumn is a gentle reminder that changes can be beautiful.



a program of EACM

OCTOBER 2026 MENU

Your Name _____



Mon 10/19	Tue 10/20	Wed 10/21	Thu 10/22	Fri 10/23
Hamburger Bun Fries Dessert	Fettuccine Alfredo Veggie Salad Dessert	Honey Garlic Chicken Rice Pilaf Vegetables Dessert	Sloppy Joe, Bun Potato Chips Dessert	Kentucky Hot Brown Cole Slaw Dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____
Mon 10/26	Tue 10/27	Wed 10/28	Thu 10/29	Friday 10/30
Turkey Sandwich on Croissant Veggie Salad Dessert	Baked Spaghetti w/ Meat Sauce Vegetables Dessert	Chicken & Dumplings Vegetables Dessert	Korean Beef Rice Stir Fry Vegetables Dessert	Baked Turkey Stuffing Yams Veggies Dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____

