



CONGREGATE MEAL MENU

October 2026

Metz Culinary Management

October 5

BBQ Chicken
Buttered Corn
Sweet Potatoes
WW Dinner Roll
Fresh Clementine

October 6

**Beef Patty
w/Mushroom Gravy**
Buttered Mixed Vegetables
Mashed Potatoes
WW Dinner Roll
Vanilla Greek Yogurt

October 7

Chicken Parmesan
Roasted Buttered Brussel
Sprouts
WG Penne Pasta w/Sauce
WW Bread
Pineapple Tidbits

October 1

**BBQ Pulled Pork
Sandwich**
Coleslaw
Corn Chowder
Fresh Watermelon

October 2

Chicken Kiev
Butter Garlic Spinach
Mashed Potatoes
WW Bread
Applesauce

October 8

**Omelette & Turkey
Sausage**
Breakfast Potatoes
WW Dinner Roll
Fresh Orange

October 9

**Swiss Steak
w/Tomato Gravy**
Mashed Potatoes
Buttered Lima Beans
WW Bread
Vanilla Pudding

October 12

Meatballs Stroganoff
Buttered Prince Edward
Vegetable Blend
Buttered WW Rotini
Fresh Orange

October 13

Hot Dog w/Bun
Baked Beans
Coleslaw
Jello

October 14

**Chicken Fritters
w/Honey Mustard**
Green Beans
Sweet Potatoes
WW Dinner Roll
Fresh Cantaloupe

October 15

Cheese Tortellini
Side Salad
California Blend
Vegetables
WW Dinner Roll
Diced Pears

October 16

**Chicken
w/Sweet Onion Sauce**
Buttered Carrots
Mashed Potatoes
WW Dinner Roll
Cookie

October 19

Italian Sausage & Peppers
Peas
Buttered WW Rotini
Roll
Diced Peaches

October 20

**Open Face Turkey
Sandwich**
Buttered Wax Beans
Mashed Potatoes
WW Bread
Chocolate Pudding

October 21

Cheeseburger
French Onion Soup
Garden Seasoned Diced
Potatoes
Fresh Cantaloupe

October 22

Sweet & Sour Chicken
Carrots
Veg Fried Rice
Roll
Fresh Orange

October 23

Meatloaf w/Gravy
Buttered Mixed Vegetables
Mashed Potatoes
WW Bread
Vanilla Pudding

October 26

Stuffed Cabbage
Buttered Peas
Mashed Potatoes
WW Dinner Roll
Vanilla Greek Yogurt

October 27

Smothered Chicken
Carrots
WG Mac & Cheese
WW Dinner Roll
Fresh Orange
Cookie

October 28

Beef Lasagna
Buttered Italian Vegetable
Blend
Side Salad
WW Dinner Roll
Fresh Apple Slices

October 29

**BBQ Pulled Pork
Sandwich**
Coleslaw
Corn Chowder
Fresh Watermelon

October 30

Chicken Kiev
Butter Garlic Spinach
Mashed Potatoes
WW Bread
Applesauce



All meals include milk. Menus are subject to change, if necessary, due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.