

Home Delivered Meal Menu

October 2026

Nutrition, Inc.



October 1					October 2				
Salisbury Steak & Gravy Whipped Potatoes Carrots Dinner Roll Fresh Fruit					Battered Fish Red Beans & Rice Collard Greens White Bread Fresh Fruit				
October 5		October 6		October 7		October 8		October 9	
Hot Dog w/Roll* Parsley Potatoes Green Beans Mandarin Oranges		Chicken Filet Sandwich Broccoli Warm Cinnamon Apples		Beef Meatball Bourguignon Mashed Potatoes Broccoli White Bread Pears		Fr. Onion Beef Steak Brussels Sprouts Mashed Potatoes Wheat Bread Oatmeal Crème Pie		White Bean Chili Brown Rice Carrots Fresh Seasonal Fruit Cookie	
October 12		October 13		October 14		October 15		October 16	
Sausage Pizza Casserole* Broccoli Dinner Roll Warm Peaches		Homemade Cabbage Roll w/Tomato Sauce Whipped Potatoes Carrots Dinner Roll Fresh Fruit		Mushroom Swiss Burger Carrots Seasoned Potatoes Hamburger Bun Tropical Fruit Cup		Chicken & Rice w/peas & mushrooms Broccoli Wheat Bread Warm Pears		Cheese Omelet Peppers Onions Potatoes O'Brien Mini Biscuit Fresh Seasonal Fruit	
October 19		October 20		October 21		October 22		October 23	
Creamy Mushroom & Garlic Meatballs Brown Rice Peppers/Onions/Tomato Fruit Cup Cookie		Pepper Steak w/Gravy Buttered Pasta Broccoli Fresh Fruit		Turkey Chili Carrots White Bread Warm Peaches		Chicken Corn Chowder Green Beans Biscuit Fresh Seasonal Fruit		Vegetable Lasagna Broccoli Wheat Dinner Roll Warm Peaches	
October 26		October 27		October 28		October 29		October 30	
Meatloaf w/Gravy Mashed Potatoes Corn Wheat Bread Fruit Cocktail		Chicken Parm Broccoli/Cauliflower Soup Wheat Bread Mandarin Oranges		Pork w/Gravy* Mashed Potatoes Broccoli Wheat Bread Fresh Fruit		Teriyaki Meatballs Brown Rice Broccoli Darlington Cookie Fresh Fruit		Alfredo Tortellini Spinach Stewed Tomatoes Fresh Fruit Cookie	



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.

NOTE: Meals marked with an * behind the entrée **contain pork**.