

Menu: Senior Solutions Q4 2026 SC 5 Day HOT Menu Opt 1 - October 2026

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			♦Southwest Breakst Bowl	♦Lemon Pepper Pollock
			♦Spinach	♥♦Sweet Potatoes (A)
			Tropical Fruit	♦Roasted Zucchini & Squash
			♦Wheat Bread	♦Wheat Bread
			Banana	♥♦1% Milk
			♥♦1% Milk	♥♦Yogurt
5	6	7	8	9
♦Chicken Pot Pie	♦Homestyle Meatloaf	♦Beef Patty strips w/gravy	♦Chicken Alfredo Over Penne	♦Beef Stew
♦Broccoli with Cheese Sauce (A)	♥♦Mashed Potatoes	♥♦Sweet Potato Casserole (A)	Roasted Vegetables	♥♦Corn
♦Peach Cobbler	♥♦Mixed Vegetables	♦Mixed Vegetables	Apple Crisp	Cherry Cobbler
♥♦Wheat Bread	♥♦Wheat Bread	♥♦Whole Wheat Bread	♥♦Whole Wheat Bread	♥♦1% Milk
♥♦1% Milk	Banana	♥♦1% Milk	Banana	♥♦Yogurt
♥♦Yogurt	♥♦1% Milk		♥♦1% Milk	♥♦Whole Wheat Bread
12	13	14	15	16
♦Shrimp Alfredo over Fettuccini	♦Chicken Noodle Soup	♥♦Chicken Tenders	♦Grilled Cheese Sandwich	♦Chicken & Dumplings
♦Seasoned Yellow Squash	Peach Cobbler	♦Mashed Potatoes & Gravy	♦Tomato Basil Soup	♥♦Sweet Potatoes (A)
Apple Cobbler	Crackers	♥♦Green Beans	♥♦Tropical Fruit	♥♦Mixed Vegetables
♥♦1% Milk	Banana	Apple Cobbler	♥♦Whole Wheat Bread	♥♦Wheat Bread
♥♦Yogurt	♥♦1% Milk	♥♦Wheat Bread	Banana	♥♦1% Milk
♥♦Wheat Bread		♥♦1% Milk	♥♦1% Milk	♥♦Yogurt
19	20	21	22	23
♦Salisbury Steak with Gravy	Grilled Chicken with Garlic Parmesan	♦Beef Chili	♦Beef Patty with onion gravy	♦BBQ Grilled Chicken
♥♦Mashed Potatoes	♥♦Sweet Potatoes (A)	♦Buttered Carrots (A)	♥♦Mashed Potatoes	♦Roasted Brussels Sprouts
♥♦Mixed Vegetables	♥♦Broccoli	♦Cornbread	♥♦Broccoli	♥♦Glazed Sweet Potatoes (A)
♥♦Wheat Bread	♦Wheat Bread	♥♦Applesauce	♦Wheat Bread	♥♦Wheat Bread
♥♦1% Milk	Banana	♥♦1% Milk	Banana	♥♦1% Milk
♥♦Yogurt	♥♦1% Milk		♥♦1% Milk	♥♦Yogurt
26	27	28	29	30
♦Vegetable Beef Soup	♦Chicken Broccoli Rice Casserole	♦Beef Teriyaki	♦Southwest Breakst Bowl	♦Lemon Pepper Pollock
♦Sweet Potato Puffs (A)	♦Harvest Roasted Vegetables	♦Stir Fry Vegetables	♦Spinach	♥♦Sweet Potatoes (A)
Crackers	Peach Cobbler	♦Vegetable Egg Roll	Tropical Fruit	♦Roasted Zucchini & Squash
♥♦1% Milk	Banana	♥♦Fortune Cookies	♦Wheat Bread	♦Wheat Bread
♥♦Yogurt	♥♦Wheat Bread	♥♦Applesauce	Banana	♥♦1% Milk
♥♦Wheat Bread	♥♦1% Milk	♥♦1% Milk	♥♦1% Milk	♥♦Yogurt

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			♦Roast Turkey & Dressing	♦Scrambled Egg Patty
			♦LS Gravy	♦Turkey Sausage Patty
			♦Green Beans	Spinach
			Cherry Cobbler (FR)	Whole Grain Toast Bites
			Banana	♥♦1% Milk
			♥♦1% Milk	♥♦Yogurt
5	6	7	8	9
♦Chicken Fried Steak w/Country Gravy	♦Sausage & Egg Breakfast Burrito	BBQ Chicken Drumsticks	♦Beef Patty with onions	♦Ham & Potato Soup
♥♦Mashed Potatoes	Potato & Vegetable Hash	Baked Beans	♦Brown Gravy	♦Broccoli Casserole (A)
♥♦Peas & Carrots (A)	♥♦Salsa	♥♦Broccoli	♦Broccoli (A)	♥♦Peaches (A)
♥♦Wheat Bread	Banana	♥♦Wheat Bread	Mashed Potatoes	♥♦Wheat Bread
♥♦1% Milk	♥♦1% Milk	♥♦Applesauce	♥♦Wheat Bread	♥♦1% Milk
♥♦Yogurt		♥♦1% Milk	Banana	♥♦Yogurt
			♥♦1% Milk	
12	13	14	15	16
♦Stewed Turkey	♦Waffles	♦Homestyle Meatloaf	♦Breaded Baked Pork Chop	♦Chicken Pot Pie
♦Rice with Gravy	♦Turkey Sausage Patties	♥♦Mixed Vegetables	♥♦Poultry Gravy	♦Broccoli with Cheese Sauce (A)
♥♦Sweet Potato Casserole (A)	♥♦Breakfast Potatoes	♥♦Mashed Potatoes	♥♦Roasted Brussel Sprouts	Peach Cobbler
♦Black-Eyed Peas	♥♦Peaches (A)	♥♦Wheat Bread	♥♦Apple Slices	♥♦Wheat Bread
♥♦Wheat Bread	Banana	♥♦Applesauce	♥♦Wheat Bread	♥♦Yogurt
♥♦1% Milk	♥♦1% Milk	♥♦1% Milk	Banana	♥♦1% Milk
♥♦Yogurt			♥♦1% Milk	
19	20	21	22	23
♦Citrus Salmon	♦Cheese Omelet	♦Beef Patty with onions	♦Broccoli Cheese Soup	♦Chicken & Dressing
♦Green Beans	♥♦Breakfast Potatoes	♦Brown Gravy	♥♦Glazed Sweet Potatoes (A)	♦Broccoli with Cheese Sauce (A)
♥♦Stewed Tomatoes	♥♦Steamed Spinach (A)	♦Broccoli (A)	♥♦Peaches (A)	Tropical Fruit Salad
♦Wheat Bread	♦Wheat Bread	Mashed Potatoes	♥♦Wheat Bread	♥♦Wheat Bread
♥♦1% Milk	Banana	♥♦Wheat Bread	Banana	♥♦1% Milk
♥♦Yogurt	♥♦1% Milk	♥♦Applesauce	♥♦1% Milk	♥♦Yogurt
		♥♦1% Milk		
26	27	28	29	30
Beef & Bean Burrito	♦Scrambled Eggs with ham	♦Salmon Burger No Bun	♦Roast Turkey & Dressing	♦Scrambled Egg Patty
♥♦Pico De Gallo	♥♦Breakfast Potatoes	Sweet Potato Tots (A)	♦LS Gravy	♦Turkey Sausage Patty
♥♦Black Beans and Rice	Whole Grain Biscuit	♦Fresh Yellow Squash	♦Green Beans	Spinach
♥♦Fiesta Corn	Banana	♥♦Wheat Bread	Cherry Cobbler (FR)	Whole Grain Toast Bites
♥♦1% Milk	♥♦1% Milk	♥♦Applesauce	Banana	♥♦1% Milk
♥♦Yogurt		♥♦1% Milk	♥♦1% Milk	♥♦Yogurt