



CONGREGATE MEAL MENU

October 2025

Metz Culinary Management

		October 1 Deli Plate (w/tuna & chicken salad) Broccoli Cheese Soup Bread w/Margarine Berry Vanilla Cookies Fresh Cantaloupe	October 2 Korean BBQ Beef Stir Fried Vegetables Vegetable-Fried Rice Bread w/Margarine Fresh Orange	October 3 Grilled Chicken Parm California Normandy Vegetable Blend Pasta Shells w/Sauce Pound Cake w/Berries
October 6 Meatball Rosini Broccoli & Red Peppers Tossed Salad Penne w/Sauce Bread w/Margarine Jello	October 7 Roast Turkey Honey Glazed Carrots Cranberry Cornbread Stuffing Bread w/Margarine Fresh Cantaloupe	October 8 Pork Carnitas w/Tortilla Mexican Rice Cabbage Slaw Salsa Fresh Pear	October 9 Honey Mustard Chicken Salad Zucchini Parmesan Soup Bread w/Margarine Fresh Fruit Salad	October 10 Spanish Omelette Diced Potatoes Peppers & Onions Croissant Greek Yogurt w/Berries
October 13 Smothered Pork Roasted Sweet Potatoes Brussels Sprouts Bread w/Margarine Banana Pudding	October 14 Pub Steak Cheeseburger w/Bun Broccoli w/Ranch Dip Roasted Potato Wedges Fresh Apple	October 15 Hawaiian Chicken Stir Fried Veggies Coconut Brown Rice Tropical Fruit	October 16 Stuffed Pepper Mashed Potatoes Broccoli Bread w/Margarine Pound Cake w/Peaches	October 17 Greek Salad with Salmon French Onion Soup Bread w/Margarine Fresh Orange
October 20 Broccoli Cheese Stuffed Chicken Rosemary Roasted Potatoes Peas & Pearl Onions Bread w/Margarine Fresh Fruit Salad	October 21 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Jello	October 22 Firehouse Chili Chuckwagon Corn Brown Rice Bread w/Margarine Fresh Pineapple	October 23 Grilled Chicken Salad Tomato Soup Macaroni & Cheese Peach Applesauce	October 24 Vegetable Lasagna Cauliflower & Peas Salad & Dressing Bread Oatmeal Cookie
October 27 Breaded Dill Chicken Sandwich w/Roll Tomato Cucumber Salad Blend: Chickpea, Kale, Edamame, Quinoa Fresh Cantaloupe	October 28 Petite Beef Tenderloin Marsala Mashed Potatoes Carrots Bread w/Margarine Fresh Pear	October 29 Chicken Avocado Salad & Dressing Sweet Pepper & Beef Soup Bread w/Margarine Diced Pineapple	October 30 Lemon Pepper Cod Parmesan Penne Pasta Broccoli Banana Bread w/Margarine Fresh Apple	October 31 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yogurt w/Peaches



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.