

OCTOBER 2026 MENU - PENDER ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
	Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed Approved by: <i>Kathleen Sedoma, RD, LDN</i>	Meals Served 11:30--12:30 60 & up Contribution: 59 & Under \$5	1 Chicken Tenders Macaroni & Cheese Broccoli Fruit Cup Roll/Margarine 2 % Milk	2 Ham/Cheese Sandwich Potato Salad 3 Bean Salad Orange Juice Nutrigrain Bar 2 % Milk
5 Hawaiian Meatballs over Rice Green Peas Tropical Fruit Mix WW Roll/Margarine 2 % Milk	6 Italian Breaded Chicken Penne Pasta with Red Sauce Tuscan Blend Vegetables Peaches Garlic Knot 2% Milk	7 Hot Dog on Bun Baked Beans Coleslaw Cherry Cobbler 2 % Milk	8 Pork BBQ Sweet Potato Casserole Green Beans Strawberry Applesauce Roll/Margarine 2 % Milk	9 Deli Sandwich Pasta Salad Tomato/Lettuce Slice Oatmeal Cookie 2 % Milk
12 Chicken Tenders Red Skin Potato Wedges Zucchini Pineapple Tidbits Biscuit 2% Milk	13 Pulled Pork Carnita Fiesta Rice Onions/Peppers/Lettuce Fruit of Choice Flour Tortilla 2% Milk	14 Popcorn Shrimp Cheesy Grits Coleslaw Fruit of Choice Biscuit/Margarine 2% Milk	15 Lasagna Broccoli Fresh Orange Garlic Knot 2% Milk	16 Southwest Salad with Fajita Chicken, Corn/Beans Dressing Orange Juice Corn Chips 2% Milk
19 Pork Chop with LS Gravy Baby Lima Beans Corn Fruit of Choice Cornbread/Margarine 2% Milk	20 Cheeseburger on Bun Sweet Potato Tots Green Beans Peaches Condiments as needed 2% Milk	21 Lemon Pepper Chicken Thigh Bu Stuffed Rigatoni California Blend Vegetables Mandarin Oranges Biscuit 2% Milk	22 BBQ Pulled Chicken Macaroni & Cheese Baby Carrots Pineapple Tidbits Roll/Margarine 2% Mik	23 Hearty Vegetable Soup Turkey & Cheese Sandwich Fruit Cup Oyster Crackers 2% Milk
26 Turkey & Rice Casserole Broccoli Pears Roll/Margarine 2% Milk	27 Mango Chicken Fried Rice Stir Fry Vegetables Tropical Fruit Spring Roll 2% Milk	28 Fish Pollock Wing Steak Fries Cole Slaw Fruit of Choice Hushpuppies/Margarine 2 % Milk	29 Beef Pot Roast Mashed Potatoes Veg. of Choice Peach Cup WW Roll/Margarine 2% Milk	30 Chicken Salad Potato Salad Tomato Cucumber Salad Apple Juice Croissant 2% Milk