

SENIOR MEALS MENU – October 2026

Please choose 6 meals for each week and **return to your delivery person by 9/27/2026.**

NAME: _____ Oct 4, 2026 ☐ Sausage, Eggs, Grits ☐ Chicken & Dumplings w/ green beans ☐ Tuna Noodle Casserole ☐ Grilled chicken sandwich, homemade french fries, baked beans ☐ Egg Salad Sandwich w/ 3 Bean Salad ☐ Beef and Broccoli ☐ Italian White Bean Soup ☐ Cheesy Chicken Soup ☐ Taco Salad (Ground beef, black beans, corn, tomatoes, lettuce, black olives, red onion, cheese, sour cream)	NAME: _____ Oct 11, 2026 ☐ Pancakes with Yogurt ☐ Shephard's Pie ☐ Pork Fried Rice ☐ Cornbread Cowboy Casserole ☐ Pizza Quasadila w/ Cottage Cheese ☐ Lemon Herb Fish w/ Vegetable Rice Pilaf ☐ Creamy Parmesan Italian Sausage Soup ☐ Corn Chowder ☐ Caesar Chicken Wrap with Pea Salad
NAME: _____ Oct 18, 2026 ☐ Eggs, homestyle potatoes, ham ☐ BLT w/ Potato Salad ☐ Chicken Pot Pie Casserole ☐ Tuna Salad Sandwich w/ Italian Pasta Salad ☐ Baked Pork loin, mashed potatoes & gravy, green beans ☐ Fried Fish, potato wedges, peas ☐ Tuscan Sausage & Veggie Soup ☐ Loaded Potato Soup ☐ Mediterranean Chicken Salad (lettuce mix, chicken, cucumber, tomatoes, red onion, avocado, kalamata olives)	NAME: _____ Oct 25, 2026 ☐ Breakfast Pizza ☐ Grilled Brat, sweet potato fries, coleslaw ☐ Beef Tacos w/ Corn Salad ☐ Baked white fish, roasted sweet potatoes, green beans ☐ Chicken, Bacon, Ranch Casserole ☐ Apple Roast Pork, red potatoes, corn ☐ Cheeseburger Soup ☐ Vegetable Soup ☐ Club Wrap w/ Carrot Salad

If you have any questions or need to call/text in your order,
please contact us at 219-204-1189