

SENIOR MEALS MENU – OCT 2025

Please choose 6 meals for each week and **return to your delivery person by 9/22/2025.**

NAME: _____ Sept 29, 2025 ☐ French Toast Casserole ☐ Chicken Gnocchi Soup ☐ Honey Mustard Chicken with Red Potatoes & Green Beans ☐ Ham & Noodle Casserole with California Blend ☐ Beef & Broccoli with Rice ☐ Cajun White Fish & Veggie Rice ☐ Pork Carnitas with Corn ☐ Chili with Cornbread ☐ Mediterranean Chicken Salad - Chicken, iceberg & romaine lettuce, tomato, red onion, feta cheese, cucumber, kalamata olives	NAME: _____ Oct 6, 2025 ☐ Sausage, Egg & Cheese Sandwich with Yogurt ☐ Italian Wedding Soup ☐ BBQ Chicken Thigh with Cheesy Mashed Potatoes & Green Beans ☐ Cheese Ravioli with Broccoli ☐ Beef Pot Pie ☐ Tuna Salad Sandwich & 3 Bean Salad ☐ Red Beans & Rice ☐ Creamy Potato & Sausage Soup ☐ Chicken Bacon Ranch Wrap with Summer Corn Salad
NAME: _____ Oct 13, 2025 ☐ Breakfast Burrito & Yogurt ☐ Beef & Barley Soup ☐ Creamy Garlic Chicken, Pasta & Peas ☐ Pizza Casserole ☐ Sweet & Sour Meatballs with Rice & California Blend ☐ Egg Salad Sandwich & Macaroni Salad ☐ Honey Mustard Pork with Red Potatoes & Carrots ☐ Tomato Soup & Grilled Cheese ☐ Grilled Chicken Salad— Chicken, iceberg & romaine lettuce, tomato, red onion, cheddar cheese, cucumber, croutons	NAME: _____ Oct 20, 2025 ☐ Scrambled Eggs with Bacon & Grits ☐ Vegetable Soup ☐ Chicken Parmesan, Spaghetti & Green Beans ☐ Tuna Casserole ☐ Cornbread Cowboy Casserole ☐ Unstuffed Cabbage Rolls ☐ Baked Ham, Corn Casserole & Baked Beans ☐ Enchilada Soup ☐ Spinach Salad – Spinach, apple, red onion, cranberries, walnuts, feta cheese

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

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NAME: _____ Oct 27, 2025

- ☐ Oatmeal with Fruit
- ☐ Savory Winter Soup
- ☐ Chicken Fried Rice
- ☐ Philly Cheesesteak Pasta
- ☐ Swedish Meatballs, Egg Noodles & Carrots
- ☐ Oven Fried Fish with Potato Wedges
- ☐ BBQ Roast Pork, Mashed Potatoes & Green Beans
- ☐ Cheesy Chicken Soup
- ☐ Italian Chicken Wrap with Beet Salad

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