

Congregate Meals

October 2025

Week 1

Wednesday 1st	Caribbean Chicken	Roasted Sweet Potatoes Mixed Vegetables Roll Cookie Milk
Thursday 2nd	Stuffed Cabbage Rolls	Green Beans Side Salad Roll Fruit Crisp Milk

Week 2

Tuesday 7th	Beef Taco Salad	Pineapple Roll Cheesecake Milk
Wednesday 8th	Turkey Florentine	Italian Barley Pilaf Green Beans Mixed Fruit Milk
Thursday 9th	Cheese Manicotti with marinara sauce	Roasted Potato Capri Vegetables Roll Honeydew Milk

Week 3

Tuesday 14th	Cheeseburgers Lettuce/ Tomato	Baked Beans Peas Hamburger Bun Mixed Fruit Milk
Wednesday 15th	Vegetarian Shepard's Pie	Mixed Vegetables Side Salad Roll Roasted Apples Milk

Via Linda Senior Center Congregate Lunch Program
Please call two days advance 480-312-5810

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Thursday 16th	Tuscan Turkey Stew	Italian Barley Green Beans Cantaloupe Biscuit Cookie Milk
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Week 4

Tuesday 21st	Ground Turkey Burrito Bowl	Cilantro Lime Brown Rice Roasted Corn Shredded Lettuce Diced Tomato Tortilla Tropical Fruit Milk
Wednesday 22nd	Meatloaf	Smashed Potato Mixed Vegetables Honeydew Roll Milk
Thursday 23rd	Oriental Chicken Salad	Pineapple Roll Cake Milk

Week 5

Tuesday 28th	Greek Chicken Salad	Grapes Pita Cookie Milk
Wednesday 29th	Chili Loaded Baked Potato	Broccoli Side Salad Roll Pears Milk
Thursday 30th	Halloween Bash	NO LUNCH

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