

Congregate Meals

October 2024

Week 1

Swedish Meatballs

**TUE
1st**

Brown Rice
Mixed Vegetables
Spinach Salad
Roll
Mixed Fruit
Milk

Chicken Salad (Cold Meal)

**THU
3rd**

Pineapple
Roll
Cake
Cookie
Milk

Week 2

Caribbean Chicken Coffee & Conversations

**TUE
8th**

Roasted Sweet Potatoes
Mixed Vegetables
Roll
Mixed fruit
Cookie
Milk

Egg Salad (Cold)

**THU
10th**

Lettuce/Tomato
Broccoli Salad
Croissant
Grapes
Milk

Week 3

Beef Taco Salad (Cold)

**TUE
15th**

Pineapple
Roll
Cheesecake
Milk

Sloppy Joe

**THU
17th**

Baked Beans
Carrots
Side Salad
Apricots
Milk

Week 4

Cheeseburgers

**TUE
22nd**

Lettuce/Tomato
Baked Beans
Peas
Mixed Fruit
Milk

No Lunch Today Oktoberfest Event

**TUE
24th**



Congregate Meals

Week 5

Greek Chicken Salad (Cold Meal)

TUE
29th

Grapes
Pita
Cookie
Milk

Cheese Manicotti with Marinara Sauce (Halloween Celebration)

THU
31st

Roasted Potato
Capri Vegetables
Roll
Mixed Fruit
Milk