



# CONGREGATE MEAL MENU

## October 2025

Metz Culinary Management

		<b>October 1</b> <b>Deli Plate</b> (w/tuna & chicken salad) Broccoli Cheese Soup Bread w/Margarine Berry Vanilla Cookies Fresh Cantaloupe	<b>October 2</b> <b>Korean BBQ Beef</b> Stir Fried Vegetables Vegetable-Fried Rice Bread w/Margarine Fresh Orange	<b>October 3</b> <b>Grilled Chicken Parm</b> California Normandy Vegetable Blend Pasta Shells w/Sauce Pound Cake w/Berries
<b>October 6</b> <b>Meatball Rosini</b> Broccoli & Red Peppers Tossed Salad Penne w/Sauce Bread w/Margarine Jello	<b>October 7</b> <b>Roast Turkey</b> Honey Glazed Carrots Cranberry Cornbread Stuffing Bread w/Margarine Fresh Cantaloupe	<b>October 8</b> <b>Pork Carnitas w/Tortilla</b> Mexican Rice Cabbage Slaw Salsa Fresh Pear	<b>October 9</b> <b>Honey Mustard Chicken Salad</b> Zucchini Parmesan Soup Bread w/Margarine Fresh Fruit Salad	<b>October 10</b> <b>Spanish Omelette</b> Diced Potatoes Peppers & Onions Croissant Greek Yogurt w/Berries
<b>October 13</b> <b>Smothered Pork</b> Roasted Sweet Potatoes Brussels Sprouts Bread w/Margarine Banana Pudding	<b>October 14</b> <b>Pub Steak Cheeseburger w/Bun</b> Broccoli w/Ranch Dip Roasted Potato Wedges Fresh Apple	<b>October 15</b> <b>Hawaiian Chicken</b> Stir Fried Veggies Coconut Brown Rice Tropical Fruit	<b>October 16</b> <b>Stuffed Pepper</b> Mashed Potatoes Broccoli Bread w/Margarine Pound Cake w/Peaches	<b>October 17</b> <b>Greek Salad with Salmon</b> French Onion Soup Bread w/Margarine Fresh Orange
<b>October 20</b> <b>Broccoli Cheese Stuffed Chicken</b> Rosemary Roasted Potatoes Peas & Pearl Onions Bread w/Margarine Fresh Fruit Salad	<b>October 21</b> <b>Sausage &amp; Peppers w/Hoagie Roll</b> Diced Potatoes Peppers & Onions Jello	<b>October 22</b> <b>Firehouse Chili</b> Chuckwagon Corn Brown Rice Bread w/Margarine Fresh Pineapple	<b>October 23</b> <b>Grilled Chicken Salad</b> Tomato Soup Macaroni & Cheese Peach Applesauce	<b>October 24</b> <b>Vegetable Lasagna</b> Cauliflower & Peas Salad & Dressing Bread Oatmeal Cookie
<b>October 27</b> <b>Breaded Dill Chicken Sandwich w/Roll</b> Tomato Cucumber Salad Blend: Chickpea, Kale, Edamame, Quinoa Fresh Cantaloupe	<b>October 28</b> <b>Petite Beef Tenderloin Marsala</b> Mashed Potatoes Carrots Bread w/Margarine Fresh Pear	<b>October 29</b> <b>Chicken Avocado Salad &amp; Dressing</b> Sweet Pepper & Beef Soup Bread w/Margarine Diced Pineapple	<b>October 30</b> <b>Lemon Pepper Cod</b> Parmesan Penne Pasta Broccoli Banana Bread w/Margarine Fresh Apple	<b>October 31</b> <b>Stuffed Cabbage Roll</b> Mashed Potatoes Green Beans Bread w/Margarine Greek Yogurt w/Peaches



All meals include milk. Menus are subject to change, if necessary, due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.