

Congregate Meals

October 2026

Week 1

Thursday 1 st	Turkey Florentine	Italian Barley Pilaf Carrots Peaches Roll Cake SF Cookie
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Week 2

Tuesday 6th	Cheeseburgers	Lettuce / Tomato Baked Beans Peas Hamburger Bun Honeydew
Wednesday 7th	Tuscan Turkey Stew	Italian Brown Rice Pilaf Green Beans Peaches Biscuit Pudding
Thursday 8th	Oriental Chicken Salad	Pineapple Roll Cake

Week 3

Tuesday 13th	Chicken Meatballs with Rosa Sauce	Pesto Roasted Potato Capri Veggies Roll Cantaloupe
Wednesday 14th	BBQ Pulled Pork	Roasted Sweet Potato Green Beans Coleslaw Hamburger Bun Peaches
Thursday 15 th	Greek Chicken Salad	Grapes Pita Cookie

Via Linda Senior Center Congregate Lunch Program

Please call two days advance 480-312-5810

***ALL lunches come with 2% Milk**

Congregate Meals

Week 4

Tuesday 20th	NO LUNCH	NO LUNCH
Wednesday 21st	Chicken Picatta	Italian Barley Carrots Side Salad Pears
Thursday 22nd	Meatloaf	Smashed Potato Mixed Veggies Honeydew Roll Pudding

Week 5

Tuesday 27th	Egg Salad	Lettuce + Tomato Broccoli Salad Croissant Mixed Fruit
Wednesday 28th	Beef Stroganoff	Brown Rice Green Beans Carrot + Raisin Salad Roll Applesauce
Thursday 29 th	Maple Dijon Chicken Meatballs	Mashed Sweet Potato Green Beans Cornbread Peaches

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