

October 2026

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Alfredo w/ Penne Pasta Carrots Broccoli Pear Cup Slice of Bread	2 Chicken Strips Sweet Potato Cubes Italian Vegetables Pineapple Cup Slice of Bread Nutri Grain Bar
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Turkey Ham & Beans Redskin Potatoes Spinach Peach Cup Slice of Bread Cheez Its	6 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Peach Cup Slice of Bread	7 Herb Chicken Patty Sweet Potato Cubes Peas Mix Fruit Cup Slice of Bread	8 Lasagna Rollup w/ Meat Sauce Italian Vegetables Apple Crisp Dinner Roll Nutri Grain Bar	9 Sloppy Joe Roasted Bakers Green Beans Applesauce Hamburger Bun
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Salisbury Steak/ Gravy Parslied Potatoes Mixed Vegetables Strawberry Applesauce Dinner Roll	13 Pork BBQ Redskin Potatoes Carrots Orange Hamburger Bun	14 Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Peach Cup Slice of Bread	15 Cincinnati Chili w/ Spaghetti Shredded Cheese Corn & Black Beans Cinnamon Apples Tropical Fruit Juice Oyster Crackers	16 Turkey w/ Gravy Mashed Potatoes Green Beans Pineapple Cup Dinner Roll Loona Doone Cookie
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Cheese Meatloaf Baby Bakers California Veg. Tropical Fruit Juice Dinner Roll Nutri Grain Bar	20 Spaghetti & Meatballs Italian Vegetables Spinach Strawberry Applesauce Slice of Bread Nutri Grain Bar	21 Chicken & Rice Carrots Broccoli Apple Juice Slice of Bread Oatmeal Crème Pie	22 Cheese Omelet Hashbrown Peach Crisp Orange Juice Slice of Bread	23 Country Fried Steak Scalloped Potatoes California Veg. Apple Slice of Bread
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Pot Roast Redskin Potatoes Carrots Orange Dinner Roll Choc. Crème Cookie	27 Cheeseburger Sweet Potatoes Mixed Berry Crisp Orange Juice Hamburger Bun	28 Chicken Alfredo w/ Penne Pasta Carrots Broccoli Pear Cup Slice of Bread	29 Flame Broiled Beef Steak Baby Bakers Mixed Vegetables Pineapple Cup Slice of Bread Applesauce	30 Chicken Strips Sweet Potato Cubes Italian Vegetables Pineapple Cup Slice of Bread Nutri Grain Bar

For a list of locations and contact information, visit our website at www.muchmorethanameal.org

Menu is subject to change based on availability. Thank you for understanding.