

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recommended donation is \$1.75 per meal. All meals served with fruit and 1% milk.	Vegetarian options available with one week notice.	1 Deluxe Cheeseburger with Onions Cole Slaw	2 Spanish Style Chicken Rice and Beans Mixed Green Salad	3 Baked Fish with Lemon Garlic Sauce Orzo Vegetable Blend
6 Chicken Fajitas Rice Broccoli and Red Peppers	7 Eggplant Parmesan with Pasta Spinach	8 Baked Pork Chops Rice with Black Beans Salad	9 Chicken Parmesan Spaghetti Vegetable Blend	10 Fish Curry Potato Wedges Spinach
13 The Center is Closed	14 Rice with Pigeon Peas Salad	15 Beef Brisket with Tomatoes and Onions Rice with Corn Spinach	16 Chicken Burger Roasted Vegetable French Fries	17 Baked Salmon Roasted Potatoes Vegetable Blend
20 Beef Salisbury Steak Mashed Potatoes Salad	21 General Tso's Tofu Vegetable Lo Mein Broccoli	22 Chicken Caprese with Spaghetti Spinach Salad	23 Pork Chops Black Beans Rice Vegetable Blend	24 Coconut Breaded Fish Beet Salad Potatoes
27 Sesame Orange Chicken Chinese Style Spaghetti Cucumber Salad	28 Root Vegetable Stew Beet Salad Mixed Green Salad	29 Spanish Style Roast Pork Rice Vegetable Blend	30 Baked Chicken Breasts Rice Vegetable Blend	31 Tropical Fish Garlic Mashed Potatoes Spinach

October 2025 LUNCH MENU - Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.	1 Soy Burger with Bun Cole Slaw	2 Lentil and Bean Chili Rice and Beans Salad	3 Chipotle BBQ Pulled Jackfruit Orzo Vegetable Blend
6 Broccoli Cheddar Quiche Rice Broccoli and Red Peppers	7 Eggplant Parmesan Pasta Spinach	8 Root Vegetable Stew Brown Rice with Black Beans Salad	9 Eggplant Parmesan Pasta Vegetable Blend	10 Orzo Stuffed Peppers Potato Wedges Spinach
13 The Center Is Closed	14 Brown Rice with Pigeon Peas Garden Salad	15 Eggplant Parmesan Rice with Corn Spinach	16 Sweet Potato Gumbo Roasted Vegetable	17 Chickpea and Veggie Salad Potatoes Vegetable Blend
20 Soft Tacos with Black Beans and Veggies Mashed Potatoes Mixed Green Salad	21 General Tso's Tofu Vegetable Lo Mein Broccoli	22 Eggplant Parmesan Spaghetti Spinach	23 Roasted Vegetable, Black Bean, and Corn Enchilada Casserole Rice	24 Breaded Eggplant Cutlets Beet Salad
27 Coconut Curry with Tofu, Broccoli and Carrots Spaghetti Cucumber Salad	28 Root Vegetable Stew Beet Salad	29 Sweet Potato and Red Bean Chili Rice Vegetable Blend	30 Eggplant Parmesan Rice Vegetable Blend	31 Baked Ziti with Vegetables Mashed Potatoes Spinach