

October 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	2 Chicken Pasta / Veggies Wheat bread, Veggie & pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk, Margarine	3 Paprika Chicken, Mashed potatoes, Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine
6 Salisbury Steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	7 Chicken Noodle Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Biscuit, Margarine	8 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	9 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	10 Tikka Masala, Jasmine Rice Wheat bread, Green beans Papaya/mango fruit salad Low fat milk Margarine
13 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	14 Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	15 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	16 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	17 Quinoa Corn Cakes Tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
20 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	21 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	22 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	23 Curried Chicken Breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	24 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
27 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	28 Mediterranean Chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine	29 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	30 Chicken Pasta / Veggies Wheat bread, Veggie & pasta Broccoli / Cauliflower Mandarin Oranges Low fat milk, Margarine	31 Paprika Chicken, Mashed potatoes, Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine