

October 2026

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Note 1: Low fat milk and margarine are included in every regular meal (those in black print).	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).	1 Meatloaf Mashed Potatoes WW Roll/Mixed Fruit Mixed Vegetables Alternate Selection: Chili	2 Meaty Ragu Green Beans WW Bread Strawberry Applesauce Alternate Selection: Chicken Sandwich
5 Meatballs Brown Rice WW Bread/Cauliflower Papaya/Mango Alternate Selection: Egg Salad Sandwich	6 Roasted Turkey Mashed Potatoes Broc/Cauliflower/Carrots Fruit Salad/WW Bread Alternate Selection: Turkey Sandwich	7 Oven Roasted Tilapia Citrus Lentil Rice Broccoli/WW Bread Mandarin Oranges Alternate Selection: Chicken Chili	8 Chicken Parmesan Green Beans WW Bread Apple Alternate Selection: Chicken Noodle Soup	9 Black Bean Burger Brown Lentils/WW Bun Mixed Veggies Pineapple Alternate Selection: Chicken Salad Sand
12 Cheesy Squash Bake Broccoli/Apple Butternut Squash Wheat Bread Alternate Selection: Chili	13 Chicken Lentil Soup WW Roll/Crackers Side Salad/FF Dressing Pineapple/Veggies in Soup Alternate Selection: Roast Beef Sandwich	14 Dijon Salmon Seasoned Black Beans Malibu Veggies/Peaches Wheat Bread Alternate Selection: Tuna Salad Sandwich	15 Tuna Noodle Casserole Malibu Blend Veggies Papaya and Mango WW Roll/FF Dressing Alternate Selection: Turkey Barley Soup	16 Beef Goulash California Blend WW Bread Orange Alternate Selection: Chicken Sandwich
19 Turkey Barley Soup Side Garden Salad Papaya/Mango WW Bread Alternate Selection: Egg Salad Sandwich	20 Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Diced Pears Alternate Selection: Chicken Chili	21 Beef Chili WW Bread/Crackers Cherry Tomatoes/Orange FF Italian Dressing Alternate Selection: Turkey Sandwich	22 Chicken Tenders WW Roll/Green Beans Quinoa Peaches Alternate Selection: Chicken Noodle Soup	23 Quinoa Corn Cake WW Bread/Tofu Sauce Mixed Veggies Trop Fruit Salad Alternate Selection: Chicken Sandwich
26 Cheesy Broccoli Rice Soup WW Bread/Broccoli Applesauce Side Salad Alternate Selection: Roast Beef Sandwich	27 Mediterranean Chicken Rice/WW Bread Papaya/Mango Garden Vegetable Blend Alternate Selection: Turkey Barley Soup	28 BBQ Chicken Breast Brown Rice/Wheat Bread Broccoli & Cauli/Pineapple Tomato Cuc Salad Alternate Selection: Tuna Salad Sandwich	29 Meatloaf Mashed Potatoes WW Roll/Mixed Fruit Mixed Vegetables Alternate Selection: Chili	30 Meaty Ragu WW Bread/Green Beans Strawberry Applesauce Alternate Selection: Chicken Sandwich