


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2025</h1>			<div><div>BREAKFAST</div><div>Oatmeal, Blueberry Pancakes Vegetable Scrambled, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Split Pea Soup Philly Cheesesteak, Potato Salad, Dill Pickle Banana Cake</div><div>DINNER</div><div>Mushroom & Barley Soup Moroccan Chicken Lemon Couscous, Rosemary Roasted Carrots, Honey Cupcakes Yom Kippur Begins</div></div> <div>1</div>	<div><div>BREAKFAST</div><div>Oatmeal, French Toast, Scrambled Eggs Fresh Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Garbanzo Bean Soup Cheese/Vegetable Pizza Caesar Salad Orange Cake</div><div>DINNER</div><div>Tomato Basil Soup Grilled Fish w/ Mango Salsa Roasted Broccoli, Brown Rice Lemon Meringue Pie</div></div> <div>2</div>	<div><div>BREAKFAST</div><div>Oatmeal, Danish, Scrambled Eggs Potatoes, Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Minestrone Soup Egg Salad Sandwich, Cucumber Salad, Potato Chips, Vanilla Pudding</div><div>DINNER</div><div>Matzo Ball Soup Salisbury Steak Mashed Potatoes Green Beans Almondine Peach Cobbler</div></div> <div>3</div>	<div><div>BREAKFAST</div><div>Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Garden Salad Beef Stew & Rice Bread Pudding</div><div>DINNER</div><div>Roast Chicken Roasted Potatoes & Carrots Baked Cinnamon Apples</div></div> <div>4</div>
<div><div>BREAKFAST</div><div>Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Cream of Cauliflower Tuna Salad Pita Pocket Marinated Beet Salad Fresh Fruit, Banana Muffins</div><div>DINNER</div><div>Italian Wedding Soup Eggplant Casserole Garden Salad, Roll Marble Cake</div></div> <div>5</div>	<div><div>BREAKFAST</div><div>Oatmeal, Waffles, Scrambled Eggs Hashbrown, Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Pinto Bean Soup French Dip Sandwich Onion Rings, Pickle Spears Strawberry Shortcake</div><div>DINNER</div><div>Roasted Carrot Celery Soup Stuffed Bell Peppers Turmeric Rice w/ Golden Raisins Caramel Apple Crisp Sukkot Begins</div></div> <div>6</div>	<div><div>BREAKFAST</div><div>Oatmeal, Baked Muffin, Cheese Omelet Breakfast Potatoes, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Egg Drop Soup, Beef Lo Mein Stir Fry Vegetables, Coconut Macaroons</div><div>DINNER</div><div>Vegetable Soup Fish Milanese Roasted Asparagus, Rice Pilaf Carrot Cake</div></div> <div>7</div>	<div><div>BREAKFAST</div><div>Oatmeal, Blueberry Pancakes Vegetable Omelet, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Fideo Soup Chicken Tenderloin French Fries, Coleslaw Vanilla Cake</div><div>DINNER</div><div>Cream of Carrot Meatloaf Mashed Potato Green Beans</div></div> <div>8</div>	<div><div>BREAKFAST</div><div>Oatmeal, French Toast Scrambled Eggs, Fruit Hot or Cold Cereal</div><div>SUKKOT LUNCHEON</div><div>Velvety Soup Wine Braised Brisket Tender Gnocchi, Roasted Root Vegetables Cinnamon Bun w/ Ice Cream</div><div>DINNER</div><div>Garbanzo Bean Soup Chicken Francese w/ Angel Hair Pasta Broccoli Tiramisu Cake</div></div> <div>9</div>	<div><div>BREAKFAST</div><div>Oatmeal, Danish, Chorizo & Eggs Potatoes, Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Potato Soup Meatball Sub Sandwich Potato Salad, Fresh Fruit Ice Cream</div><div>DINNER</div><div>Matzo Ball Soup Chicken Cacciatore Creamy Polenta Sautéed Zucchini Chocolate Cake</div></div> <div>10</div>	<div><div>BREAKFAST</div><div>Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Chicken Fajitas, Spanish Rice Refried Beans, Lemon Cupcakes</div><div>DINNER</div><div>Salisbury Steak w/Mushroom Gravy Red Roasted Potatoes Steamed Cauliflower Cookies</div></div> <div>11</div>
<div><div>BREAKFAST</div><div>Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Split Pea Soup Fish & Chips Coleslaw Ambrosia Salad</div><div>DINNER</div><div>Cream of Broccoli Spaghetti & Meatballs Sautéed Zucchini & Squash Garlic Bread Fruit Cobbler</div></div> <div>12</div>	<div><div>BREAKFAST</div><div>Oatmeal, Waffles, Eggs, Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Tortilla Soup Chicken Taco Salad , Churros</div><div>DINNER</div><div>Butternut Squash Soup Beef Pot Roast, Mashed Potato Roll, Orange Cake Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)</div></div> <div>13</div>	<div><div>BREAKFAST</div><div>Oatmeal, Baked Muffin Poached Eggs, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Cabbage Soup Sweet & Sour Meatballs Steamed White Rice, Lemon Cake</div><div>DINNER</div><div>Matzo Ball Soup Moroccan Paprika Fish Carrot Tzimmes, Couscous Apple Turnover Simchat Torah Begins</div></div> <div>14</div>	<div><div>BREAKFAST</div><div>Oatmeal, Blueberry Pancakes Vegetable Omelet, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Cream of Spinach Turkey Patty Melt Sweet Potato Fries, Dill Pickle Spears Peach Cake</div><div>DINNER</div><div>Yam Soup Curry Chicken over Basmati Rice Chocolate Pudding</div></div> <div>15</div>	<div><div>BREAKFAST</div><div>Oatmeal, French Toast, Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Zucchini & Cilantro Tuna Salad Sandwich, Three Bean Salad, Angel Food Cake</div><div>DINNER</div><div>Cream of Mushroom Shepherd's Pie Balsamic Roasted Green Beans, Roll Roasted Pear Pie</div></div> <div>16</div>	<div><div>BREAKFAST</div><div>Oatmeal, Danish, Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Pinto Bean Soup Fish Tacos, Corn Salad Fresh Fruit Cup</div><div>DINNER</div><div>Matzo Ball Soup Pasta Marinara Broccoli, Garlic Bread Bread Pudding</div></div> <div>17</div>	<div><div>BREAKFAST</div><div>Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Garden Salad Chili Over Rice Assorted Cookies</div><div>DINNER</div><div>BBQ Chicken Baked Beans Corn on the Cob Pineapple Upside-Down Cake</div></div> <div>18</div>
<div><div>BREAKFAST</div><div>Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Tomato Bisque Corned Beef Sandwich Sweet Potato Fries Dill Pickle, White Cake</div><div>DINNER</div><div>Zucchini Soup Beef Lasagna Broccoli & Cauliflower, Garlic Bread Peach Pie</div></div> <div>19</div>	<div><div>BREAKFAST</div><div>Oatmeal, Waffles, Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Kidney Bean Soup Grilled Chicken Salad Roll, Chocolate Cake</div><div>DINNER</div><div>Italian Wedding Soup Eggplant Parmesan Garden Salad Garlic Bread Banana Bread</div></div> <div>20</div>	<div><div>BREAKFAST</div><div>Oatmeal, Baked Muffin, Poached Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Tortilla Soup Cheese Enchiladas, Spanish Rice Refried Beans, Flan</div><div>DINNER</div><div>Mushroom & Barley Soup Fish Florentine, Orzo Pasta, Green Beans Baked Cinnamon Pears</div></div> <div>21</div>	<div><div>BREAKFAST</div><div>Oatmeal, Blueberry Pancakes Vegetable Scrambled, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Split Pea Soup Hamburgers, French Fries, Fresh Fruit Peach Turnover</div><div>DINNER</div><div>Carrot Soup Beef Stroganoff over Egg Noodles Roasted Cauliflower Lemon Bar</div></div> <div>22</div>	<div><div>BREAKFAST</div><div>Oatmeal, French Toast Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Egg Drop Soup BBQ Chicken Skewers, Fried Rice, Macaroni Salad Pineapple Upside-Down Cake</div><div>DINNER</div><div>Corn Chowder Honey Mustard Glazed Chicken Rice Pilaf, Roasted Asparagus Sponge Cake</div></div> <div>23</div>	<div><div>BREAKFAST</div><div>Oatmeal, Danish, Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>White Bean Soup Cheese/Vegetable Quesadillas, Rice & Beans Ambrosia Salad</div><div>DINNER</div><div>Matzo Ball Soup, Spaghetti Meat Sauce Sauteed Zucchini & Squash Garlic Bread, Fruit Cobbler</div></div> <div>24</div>	<div><div>BREAKFAST</div><div>Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Beef Burgundy over Rice Green Beans Almondine Strawberry Cake</div><div>DINNER</div><div>Lemon Herb Roast Chicken Roasted Potatoes & Carrots Vanilla Pudding</div></div> <div>25</div>
<div><div>BREAKFAST</div><div>Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Cream of Broccoli Tuna & Egg Salad Plate Garden Salad, Roll Ice Cream</div><div>DINNER</div><div>Mushroom & Barley Soup Chicken Piccata, Au Gratin Potatoes, Steamed Squash Blueberry Cobbler</div></div> <div>26</div>	<div><div>BREAKFAST</div><div>Oatmeal, Waffles, Scrambled Eggs Hashbrown, Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>Lentil Soup Chicken Salad Sandwich Potato Chips, Fresh Fruit Carrot Cake</div><div>DINNER</div><div>Vegetable Soup Swedish Meatballs Garlic Butter Egg Noodles Green Beans Almandine Bananas Foster</div></div> <div>27</div>	<div><div>BREAKFAST</div><div>Oatmeal, Baked Muffin, Cheese Omelet Breakfast Potatoes, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Egg Drop Soup Teriyaki Chicken Steamed Rice, Stir Fry Vegetables Coconut Macaroons</div><div>DINNER</div><div>Cream of Roasted Carrot Baked Fish Sweet Potato Mash Roasted Cauliflower Bread Pudding</div></div> <div>28</div>	<div><div>BREAKFAST</div><div>Oatmeal, Blueberry Pancakes Vegetable Scrambled, Fruit Hot or Cold Cereal</div><div>LUNCH</div><div>Tomato Soup Cheese/ Vegetable Pizza Garden Salad, Cheesecake</div><div>DINNER</div><div>Potato Soup Chicken Alfredo w/ Fettuccine Pasta Broccoli Apple Pie</div></div> <div>29</div>	<div><div>BREAKFAST</div><div>Oatmeal, French Toast Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>French Onion Soup Turkey Wrap, Potato Chips, Three Bean Salad Fresh Baked Cookies</div><div>DINNER</div><div>Kidney Bean Soup Lemon Baked Fish Couscous, Roasted Carrots Yellow Cake</div></div> <div>30</div>	<div><div>BREAKFAST</div><div>Oatmeal, Danish, Scrambled Eggs Fruit, Hot or Cold Cereal</div><div>LUNCH</div><div>White Bean Soup Cheese/Vegetable Quesadillas, Rice & Beans Ambrosia Salad</div><div>DINNER</div><div>Matzo Ball Soup, Pesto Spaghetti & Meatballs, Broccoli Garlic Bread Mud Brownie</div><div>Halloween</div></div> <div>31</div>	