

October 2025  
month/year



## SENIOR MEALS PROGRAM



SITE: Redfield

Supervisor: Cyndi Bachman  
Head Cook: Jodi Jenson

Asst Cook: Jane Gruenwald

CALL BEFORE 9:00 A.M.

472-0155

Asst Cook: Cheryl Selby

| MONDAY                                                                                                    | TUESDAY                                                                                                 | WEDNESDAY                                                                                           | THURSDAY                                                                                 | FRIDAY                                                                                            |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                                                                           |                                                                                                         | 1<br>Hot Pork Sandwich<br>Coleslaw<br>Baked Beans<br>Orange Sherbet                                 | 2<br>Chicken Rice Casserole<br>California Blend<br>Fruit<br>Whole Wheat Bread            | 3<br>Egg Omelet<br>Tri tators<br>Tomato Juice<br>Pears<br>Muffin                                  |
| 6<br>Oven Fried Chicken<br>Sweet Potatoes<br>Cabbage<br>Pears<br>Whole Wheat Bread                        | 7<br>Meat Loaf<br>Baked Potato<br>Antigua Blend<br>Fruited Jello<br>Whole Wheat Bread                   | 8<br>Sweet & Sour Pork<br>Steamed Rice<br>Carrots<br>Honey Fruit Salad                              | 9<br>Cod Loin<br>Augratin Potato<br>3-Bean Salad<br>Peach Cobbler<br>Whole Wheat Bread   | 10<br>Creamed Chicken Over<br>Biscuits<br>Beets<br>Pineapple                                      |
| 13<br>Baked Meatballs W/ Gravy<br>Mashed Potatoes<br>California Blend<br>Mixed Fruit<br>Whole Wheat Bread | 14<br>Baked Chicken Breast<br>Mashed Potatoes<br>Cauliflower<br>Whole Wheat Bread<br>Pudding with Fruit | 15<br>Chili w/ Beans<br>Tossed Salad<br>Peaches<br>Corn Bread                                       | 16<br>Stir Fry Beef w/Rice<br>Oriental Blend Vegetables<br>Fruit Cocktail<br>Dinner Roll | 17<br>Brat with<br>Mac and Cheese<br>Catalina Blend<br>Pears<br>Bun                               |
| 20<br>Goulash<br>Green Peas<br>Apple Crisp<br>Whole Wheat Bread                                           | 21<br>Roast Pork<br>Baked Potato<br>Normandy Blend<br>Applesauce<br>Whole Wheat Bread                   | 22<br>Hamburger Cabbage Soup<br>Chicken Salad Sandwich<br>Mandarin Oranges<br>Oatmeal Raisin Cookie | 23<br>Hot Beef Combination<br>Mashed Potatoes<br>Carrots<br>Mixed Fruit                  | 24<br>Parmesan Chicken<br>Boiled potato<br>California Blend<br>Fruit Cocktail Cake<br>Dinner Roll |
| 27<br>Chicken Alfredo w/<br>Broccoli<br>Fruit<br>Breadstick                                               | 28<br>Tuna Noodle Casserole<br>Peas<br>Fruit Cocktail<br>Whole Wheat Bread                              | 29<br>Turkey & Swiss Sandwich<br>Baked Beans<br>Potato Chips<br>Tomato Spoon Salad<br>Mixed Fruit   | 30<br>Chicken strips<br>Mashed potato<br>Tossed Salad<br>Fruit<br>Dinner Roll            | 31<br>Beef Stew<br>Buttermilk Biscuits<br>BooBerry Crisp<br>Ice cream                             |

MEALS APPROVED BY: REGISTERED DIETITIAN

All Meals Include Milk  
Meals Subject to Change

