

October 2026

month/year

Call before 9:00 a.m. at 472-0155



SENIOR MEALS PROGRAM

Supervisor: Cyndi Bachman

Head Cook: Jodi Jenson

Asst Cook: Nick Chrisopolus



Site: Redfield

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 PORK GIVES YOU MORE THAN JUST PROTEIN Pork also delivers iron, zinc, B vitamins, and other nutrients that can sometimes be harder to get when your appetite is smaller. Learn more at pork.org		1 Oven Baked Chicken Mashed Potatoes w/Gravy Peas Fruit Whole Wheat Bread	2 Spaghetti w/ Meat Sauce Tossed Salad Fruit Whole Wheat Bread
5 Chili w/ Beans Coleslaw Fruit Corn bread	6 Meatballs Mashed Potatoes w/Gravy Broccoli Fruit Whole Wheat Bread	7 Broccoli Chicken Bake w/rice Green Beans Fruit	8 Scalloped Potato w/ Ham Winter Blend Fruit Whole Wheat Bread	9 Cod Loin Rice Pilaf Carrots Fruit Whole Wheat Bread
12 Indigenous Peoples' Day 	13 Goulash Corn Fruit Whole Wheat Bread	14 Chicken Bacon Ranch Pasta 3 Bean salad Fruit Muffin	15 Beef Stew Biscuit Chocolate pudding w/ bananas	16 Roast Pork Baked Potato Broccoli Fruit Whole Wheat Bread
19 Chicken Alfredo Broccoli Fruit Breadstick	20 Baked Pork Chops Mashed Potatoes w/Gravy Carrots Fruit Whole Wheat Bread	21 Tator Tot Hotdish Corn Fruit Whole Wheat Bread	22 Meatloaf Baked Potato Peas Fruit Whole Wheat Bread	23 Egg Salad Sandwich Minestrone Soup Fruit Brownie
26 Hamburger Cabbage Hotdish Mixed Vegetables Fruit Whole Wheat Bread	27 BBQ Pork Sandwich Potato Chips Carrots Fruit	28 Vegetable Beef Soup Chicken Salad Sandwich Fruit	29 Polish Sausage Mac n Cheese Winter Blend Fruit Whole Wheat Bread	30 Turkey Combo Mashed potato/gravy Peas Fruit White bread

MEALS APPROVED BY: REGISTERED DIETITIAN

Menus will be released no earlier than the 20th of each month

All Meals Include Milk
Meals Subject to Change