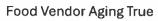
October Lunch Menu Senior Services



Meal Reservation Required

	October is -Chiropractic Health Month -Breast Cancer Awareness Month -American Pharmacists Month -10th World Mental Health Day	1 Beef Taco Meat Pinto Beans Mexican Corn Lettuce/Tomato Cheese Tortilla Fresh Fruit 1% Milk	2 Chicken Salad Green Pea Salad Garbanzo Bean Salad Saltine Crackers Fresh Fruit 1% Milk	3 Chop Steak and Gravy Whipped Potatoes Summer Vegetables Wheat Bread Fresh Fruit 1% Milk
6 Swedish Beef	7 BBQ Pork Rib	8 Cheesy Beef	9 Mushroom	10 Beef
Meatballs	Patty	Casserole	Chicken	Hamburger Patty
Penne Pasta	Northern Beans	Dilled Carrots	Whipped Potatoes	Baked Pinto Beans
Mixed Vegetables	Cabbage	Green Beans	California	Lettuce/Tomato
Dinner Roll	Wheat Bread	Dinner Roll	Vegetables	Hamburger Bun
Fruit Cup	Fruit Cup	Fresh Fruit	Wheat Bread	Fresh Fruit
1% Milk	1% Milk	1% Milk	Fresh Fruit	1% Milk
13 Beef Noodle	14 Chicken and	15 Sloppy Joe	1% Milk 16 Chicken Salad	17 Pork Sausage
Casserole	Sausage	(Beef and Turkey)	Corn Salad	Lima Beans
Garden Vegetables	Jambalaya	Whipped Potatoes	Lettuce/Tomato	Cabbage
Herbed Green Beans	Kidney Beans	Green Peas	Wheat Bread	Hot Dog Bun
Dinner Roll	Carrots	Hamburger Bun	Fresh Fruit	Fresh Fruit
Fruit Cup	Dinner Roll	Fresh Fruit	1% Milk	1% Milk
1% Milk	Fruit Cup	1% Milk	17011111	7,01,111
	1% Milk			
20 Meatballs in Gravy	21 Sweet and	22 Hamburger	23 BBQ Chicken	24 Italian
Whipped Potatoes	Sour Chicken	Beef Patty	Drumsticks	Macaroni (Beef
Spring Vegetables	Fried Rice	Pinto Beans	Black-eyed Peas	and Turkey)
Wheat Bread	Japanese	Tomato	Green Beans	Green Peas
Fruit Cup	Vegetables	Lettuce	Wheat Bread	Corn
1% Milk	Dinner Roll	Hamburger Bun	Fresh Fruit	Dinner Roll
	Fruit Cup	Fresh Fruit	1% Milk	Fresh Fruit
	1% Milk	1% Milk	`	1% Milk
27 Chicken and	28 Beef and Bean	29 Pork Sausage	30 Chicken Salad	31 Taco Meat
Sausage Jambalaya	Chili (Beef and	Black-eyed Peas	Green Pea Salad	(Beef and Turkey)
Succotash	Turkey)	Collard Greens	Garbanzo Bean	Pinto Beans
Carrots	Corn	Hot Dog Bun	Salad	Mexican Rice
Dinner Roll	Green Beans	Fruit Cup	Saltine Crackers	Lettuce/Tomato
Fruit Cup	Saltine Crackers	1% Milk	Fresh Fruit	Shredded Cheese
1% Milk	Fresh Fruit	Mustard	1% Milk	Tortilla
	1% Milk			Fresh Fruit
Menu Prenared by Mand	5	111 4 2 29 20 20 2	1 11 5 446 1	1% Milk

Menu Prepared by Mandy Patrick, MS,RD,LD with Aging True, 4260 Lakeside Dr.#116, Jacksonville, FL 32210 Menu Approved by Sharon M Lutheran,MSH,RDN,LDN, Department of Senior Services, City of Jacksonville

Date of Approval: August 25, 2025 Hours MSH BON LDN September 8, 2025