



## October Lunch Menu Senior Services



Food Vendor Aging True

\*\*\*Meal Reservation Required\*\*\*

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

*Sharon M. Lutheran MSH RDN LDN September 8, 2025*