

ONEgeneration Meal Program – Wilkinson Senior Center

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Community Investment Dept. Requirements: <i>Lunch meets 1/3 requirement for the Recommended Daily Allowance.</i> *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C requirement [=] Potassium-rich Suggested voluntary contribution: \$3.00 per meal NOTE: Menu is subject to change without notice. 			Baked Fish <u>1</u> w/ LS Garlic Marsala Sauce LS Garden Veggie Soup LS Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce or Apple WG Pasta	BBQ Chicken <u>2</u> (Chicken Thigh w/ LS BBQ Sauce) **Collard Greens ***Coleslaw w/ Red Cabbage & Carrots Fresh Fruit WG Roll Macaroni & Cheese
Vegetarian Chili <u>5</u> (LS pinto & kidney beans, LS tomatoes & cheese garnish) **Broccoli Mixed Salad Greens *Fruit Cup or Kiwi Quinoa Pilaf	Jamaican Jerk Chicken <u>6</u> w/ LS Sauce **Sweet Potato *Pineapple Coleslaw Fresh Fruit Brown Rice	Potato Crusted Pollock Sandwich (Fish) <u>7</u> LS Cream of Mushroom Soup Lettuce, Tomato, Onion LS Herbed Lentils *Orange WG Bun	Turkey Meatloaf <u>8</u> Corn ***Spinach & Kale Salad w/ Mandarin Oranges Banana WG Bread Vanilla or Chocolate Pudding	Asian Beef Stir Fry <u>9</u> (beef strips, LS sauce, **mixed Asian vegetables- broccoli, bell peppers, onions) LS Hot & Sour Soup Romaine Salad *Mango Fruit Cup Pineapple Brown Rice
Tuna Salad <u>12</u> (tuna w/ celery & onion) LS Tomato Basil Soup Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce WG Roll	Whole Grain Linguine <u>13</u> w/ Meat Sauce (ground turkey w/ LS tomato) Broccoli ***Chopped Salad w/ Kale Fresh/Unsweetened Pear or Peach	Tandoori Chicken <u>14</u> (chicken thigh w/ LS sauce) Peas **Spinach Salad *Pineapple & Mandarin Fruit Cup Wild Rice Pilaf	Beef Fajita <u>15</u> w/ Peppers & Onions LS Fideo Soup LS Pinto Beans Spring Mix Salad *Cantaloupe or Diced Mango WG Warm Tortilla	Greek Chicken Breast <u>16</u> **Roasted Carrots w/ Herbs Dill Cucumber Salad *Orange or Tangerine Quinoa Chocolate Chip or Oatmeal Cookie
Turkey Enchilada Casserole <u>19</u> (tortilla, LS tomato sauce, cheese garnish) LS Pinto or Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice	Beef Meatloaf <u>20</u> w/ LS Mushroom Sauce Rosemary Mashed Potatoes Green Beans w/ Herbs *Orange Whole Grain Roll	Baked Fish <u>21</u> Jambalaya w/ LS sauce LS Garden Veggie Soup **Carrots ***Broccoli Slaw Fresh/Unsweetened Plum or Pear Brown Rice Pilaf Lemon Pudding	BBQ Pulled Chicken Sandwich <u>22</u> w/ LS sauce Oven Roasted Brussels Sprouts *Chopped Salad w/ Kale Apple WG Roll	Chickpea Curry <u>23</u> (chickpeas, tomato, garlic, & onion w/ LS sauce) **Sweet Potato ***Spinach Salad w/ Mandarin Banana WG Couscous Naan Bread
Beef Bolognese <u>26</u> (ground beef, LS tomato sauce & WG penne pasta) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons *Orange	Baked Salmon <u>27</u> w/ LS Thai Chili Sauce LS Leek Soup **Oven Roasted Carrots Cauliflower w/ Herbs *Pineapple/Mango Fruit Cup Whole Grain Roll	Oven Fried Chicken <u>28</u> LS Baked Beans ***Spinach Kale & Cabbage Salad Banana LS WG Stuffing	Korean BBQ Beef <u>29</u> (beef strip steak in LS sauce) LS Tofu Veggie Soup Steamed Broccoli** Dill Cucumber Salad *Mandarin Fruit Cup Brown Rice Pilaf	Stuffed Bell Pepper <u>30</u> (ground turkey, barley, w/ LS sauce) Green Peas w/ Onions Romaine Salad w/ Tomato Fresh Fruit in Season *100% Orange Juice Dinner Roll