

Charlevoix County Senior

Centers

2026

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY ALTERNATIVE: Italian Sub Sandwich	Senior Donation = \$5.59 & Under Pay = \$10. Actual average cost of the meal is \$16.75	Check out our new Punch Card System!	01 Cooks Choice, Starch, Vegetable, Fruit	02 Octoberfest Celebration Bratwurst & Sauerkraut, Diced Redskin Potatoes w/chives, Mixed Vegetable, Fruit.
05 Grilled Chicken Breast Sandwich w/ Honey Mustard, Ranch Wedge Fries, Vegetable, Fruit. WEEKLY ALTERNATIVE: Roast Beef Wrap	06 Taco Tuesday: Taco Kit, Seasoned Taco Meat, Lettuce & Tomato, Flour Tortilla, Mexican Rice, Roasted Corn, Fruit.	07 Butternut Squash Soup, ½ Grilled Cheese on Texas Toast w/ Tomato, Roasted Redskin Potatoes, Vegetable, Cottage Cheese, Fruit	08 Maple Glazed Salmon, Rice Pilaf, Sauteed Spinach, Fruit.	09 Chicken Supreme, Mashed Potatoes & Gravy, Vegetables, Fruit
12 Chicken or Veal Parmesan, Pasta Marinara, Vegetable, Fruit WEEKLY ALTERNATIVE: Chicken Salad Crossiant	13 Ground Sirloin Patty, Beef Gravy, Redskin Potato Wedges, Vegetable, Fruit.	14 Sweet & Sour Pork & Vegetables, Rice, Egg Roll, Fruit.	15 Three Cheese Macaroni & Cheese, Stewed Tomatoes, Vegetable, Fruit.	16 Sweetest Day Celebration Roast Beef Dinner, Mashed Potatoes & Gravy, Green Beans, Fruit, Red Velvet Cake
19 Sloppy Joe W/ Cheese on a bun, Ranch Wedge Fries, Vegetable, Fruit WEEKLY ALTERNATIVE: Chef Salad	20 Chicken Pot Pie, Diced Chicken, Gravy, Stew Vegetables, Phyllo Topper, Fruit.	21 State Plate: Idaho Baked Seasoned Trout, French Fries with Fry Sauce, Vegetables, Fruit.	22 Ham & Pineapple, Sweet Potatoes, Vegetable, Fruit.	23 BBQ Chicken Thighs, ½ Baked Potato, Sour Cream Cup, Vegetables, Fruit.
26 Chicken Tenders w/ Buffalo Ranch Dip, Tater Tots, Vegetable, Fruit. WEEKLY ALTERNATIVE: Egg Salad & Sliced Tomatoes	27 Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Fruit.	28 Apple Walnut Salad w/ Grilled Chicken Breast, Poppy Seed Dressing, Soup Du Jour	29 Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetables, Fruit	30 Halloween Celebration Gooul-lash w/ Ground Beef & Diced Tomatoes, Vampire Garlic Bread, Graveyard Vegetables, Spooktacular Dessert

NOTES:

- ALL OUR MEALS ARE REVIEWED & APPROVED BY A REGISTERED DIETITIAN & CONTAIN 33.3% OF YOUR DAILY NUTRITIONAL REQUIREMENTS.
- ALL MEALS INCLUDE 1 MILK, 1 BREAD, 2 VEGGIES AND 1 FRUIT.
- ALL MEALS ARE SUBJECT TO CHANGE.

SPECIAL ANNOUNCEMENTS:

OCTOBERFEST CELEBRATION - OCTOBER 2, 2026
 SWEETEST DAY CELEBRATION - OCTOBER 16, 2026
 STATE PLATE IS IDAHO
 HALLOWEEN CELEBRATION - OCTOBER 30, 2026