

LUNCH MENU

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Easy Chicken Salad Wrap Normandy Blend Lettuce & Tomato Applesauce 1% Low Fat Milk	29 Grandma's Baked Eggplant Parmesan Whole Wheat Bread Mixed Vegetables Cantaloupe 1% Low Fat Milk	30 Beef Hamburger Whole Wheat Bread French Fries Baby Spinach Salad w/ Chickpeas & Lemon Vinaigrette Tangerines	1 (PLANT-BASED) (National Vegetarian Day) (National Coffee Day) Butternut Squash Soup Traditional Whole Wheat Bean Burrito Whole Wheat Bread Garden Salad Grapes 1% Low Fat Milk	2 Classic Italian Wedding Soup Baked Fish w/ Cream Corn Sauce Whole Wheat Bread Mashed Sweet Potatoes Bangladeshi Style Mixed Vegetables Strawberries 1% Low Fat Milk
5 Classic Italian Wedding Soup Baked Chicken Quarters Whole Wheat Bread Savory Rice & Chick- peas Steamed Broccoli Orange 1% Low Fat Milk	6 (National Taco Day) Lemon-Thyme Carrot Soup Chicken Fajitas Whole Wheat Bread Zucchini w/ Onions and Peppers Banana 1% Low Fat Milk Alternative: Tacos	7 (PLANT-BASED) Butternut Squash Soup Chili-Lime Black Bean Salad Whole Wheat Bread Brown Rice Vegetable Mix Apple 1% Low Fat Milk	8 Chicken Noodle Soup Turkey Meatloaf Garlic Mashed Potatoes Whole Wheat Bread Caesar Salad Applesauce 1% Low Fat Milk	9 Split Pea Soup Baked Fish w/ Lemon Garlic Butter Sauce Whole Wheat Bread Sauteed Sweet Potatoes Italian Blend Vegetables Grapes 1% Low Fat Milk
12 Butternut Squash Soup Asopao de Pollo (Puerto Rican Chicken Stew) WW Dinner Roll Baby Spinach Salad w/ Cannellini Beans and Lemon Vinaigrette Banana 1% Low Fat Milk	13 Chicken Noodle Soup Beef Hamburger Baked Fries Whole Wheat Bread Corn w/ Chili Lime Butter and Cotija Bangladeshi Style Mixed Vegetables Orange 1% Low Fat Milk	14 (National Dessert Day) Classic Italian Wedding Soup Baked Chicken Breasts Roasted Sweet Potato Slices California Blend Vegetables Applesauce 1% Low Fat Milk	15 (PLANT-BASED) Lemon-Thyme Carrot Soup Fried Brown Rice w/ Crispy Tofu & Veggies Cornbread Garden Salad Apple 1% Low Fat Milk	16 Split Pea Soup Asian Style White Fish w/ Cilantro Springtime Fried Brown Rice Whole Wheat Bread Steamed Spinach Strawberries 1% Low Fat Milk
19 Classic Italian Wedding Soup Classic Chicken Cacciatore Whole Wheat Pasta Italian Blend Vegetables Orange 1% Low Fat Milk	20 (PLANT-BASED) Butternut Squash Soup Whole Wheat Quesadillas w/ Cheddar, Black Beans, & Vegetables Brown Rice Garden Salad Apple 1% Low Fat Milk	21 (Birthday Party) Lemon-Thyme Carrot Soup Baked Salmon w/ Cilantro Citrus Sauce Whole Wheat Bread Garlic Mashed Potatoes Spinach Salad w/ Black Beans Grapes 1% Low Fat Milk	22 Chicken Noodle Soup Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette Grapes 1% Low Fat Milk	23 Split Pea Soup Baked Fish Oreganata Roasted Potatoes Whole Wheat Bread Spiced Mixed Vegetables Banana 1% Low Fat Milk
26 Classic Italian Wedding Soup Chicken Parmesan Whole Wheat Pasta Roasted Zucchini Strawberries 1% Low Fat Milk	27 Lemon-Thyme Carrot Soup Roasted Turkey Breast Baked Brown Rice Pilaf Baby Carrots & Parsley Apple 1% Low Fat Milk	28 (National Chocolate Day) Chicken Noodle Soup Beef Picadillo Brown Rice Cabbage Carrot Slaw Banana 1% Low Fat Milk	29 (PLANT-BASED) Butternut Squash Soup Lentil Harvest Shepherd's Pie WW Dinner Roll Baby Spinach Salad w/ Lemon Vinaigrette Orange 1% Low Fat Milk	30 Split Pea Soup Baked Fish a la Russe Roasted Potatoes Whole Wheat Bread Baby Spinach Salad w/ Kidney Beans & Lemon Vinaigrette Kale Pesto Applesauce 1% Low Fat Milk

MENU SUBJECT TO CHANGE

RSS is a Congregate Meal Site. Meals are intended to be consumed on-site. If a participant chooses to take home an uneaten portion of their meal in their own container, they assume responsibility for the safe handling, storage, and consumption of that food. RSS is not responsible for food taken from the premises.