

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Our meals contain: 3-4 oz of protein 1 cup of dairy 1 cup of vegetables 1 cup of fruit 2 oz of whole grains 2 tsp of healthy fat		Allergen information available upon request.	October 1 Chicken Patty Broccoli Florets Buttered Corn Fresh Apple	October 2 Pulled Pork Macaroni and Cheese Green Beans Peach Cobbler
October 5 Shepherd's Pie Normandy Blend Veggies Dinner Roll Fresh Pear	October 6 BBQ Chicken Breast Baked Potato Chef's Choice Vegetable Peaches and Cream	October 7 Classic Lasagna Italian Blend Veggies Carrot Coins Cinnamon Sliced Apples	October 8 Chili Con Carne over White Rice Cauliflower Corn & Black Beans Chef's Choice Cake	October 9 Chicken Caesar Salad 3 Bean Salad Country Style Tomatoes Fig Newtons
October 12 Happy Columbus Day Program Closed	October 13 Cheeseburger on a Bun Warm Beets Mixed Vegetables Melon Medley	October 14 Tuscan Chicken over Pasta Brussel Sprouts Dinner Roll Fresh Apple	October 15 Potato Encrusted Cod Brown Rice Rutabaga Chef's Choice Cookie	October 16 Broccoli & Cheese Quiche Prince Edward Blend Cauliflower Blueberries & Cream
October 19 American Goulash California Blend Veggies Dinner Roll Fresh Peach	October 20 Homestyle Chicken Gravy over a biscuit Mixed Vegetables Wax Beans Pineapple & Cherries	October 21 Meatloaf with gravy Mashed Sweet Potato Steamed Broccoli Fresh Fruit Salad	October 22 Hearty Chicken Stew Lima Beans Dinner Roll Lorna Doone Cookies	October 23 French Toast Casserole Diced Potatoes Sausage Link Yogurt With Berries
October 26 Hot dog with Meat Sauce Baked Beans Corn Fruit Jello	October 27 Happy October Birthdays Roast Turkey over Stuffing with Mashed Potato and Gravy Green Beans Sunshine Bar	October 28 Chicken Penne Alfredo Broccoli Dinner Roll Mandarin Oranges	October 29 Pork Chop Supreme Cauliflower Capri Blend Vegetables Fresh Plum	October 30 Lemon Butter Cod Brown Rice Steamed Spinach Chilled Pineapple

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482

Menus subject to change.

<https://www.seniorcenterkfe.com>



WASHINGTON COUNTY OFFICE
FOR THE AGING
NUTRITION PROGRAM

This is our last Pop Up Luncheon Event of 2026!!

OCTOBER 2026 “POP UP” LUNCHEON

RSVP to 518-746-2357 at least 24 hours before the event

We try to accommodate walk-ins on the day of the event. We cannot guarantee a meal as the number of meals available are determined by the reservation list.



Tuesday, October 28th, 2026 @ 12:00 PM

Presentation: Tina McDougall, Director

Washington County Public Health

Proudfit Hall Bancroft Public Library

181 S Main Street, Salem, NY

Lunch:

Roast Turkey over Stuffing with Gravy

Mashed Potatoes

Green Beans

Sunshine Bar

All events are a suggested contribution of \$3.00 for 60 and older. 59 years of age and under is a cost of \$10.00.