

October Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/29/25	10/30/25	10/01/25	10/02/25	10/03/25
Ropa Vieja	Breaded Chicken Patty	Picadillo	Spaghetti & Meat Sauce (Ground Turkey or Beef)	Arroz Amarillo con Pollo
Black Beans	Green Peas	Red Beans	Salad <i>Italian or Ranch Dressing</i>	Mixed Vegetables
Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Carrots	Pears
Rice	Cuban Bread	Rice	Spaghetti (entrée)	Rice (in entrée)
10/06/25	10/07/25	10/08/25	10/09/25	10/10/25
Roast Turkey	Breaded Fish <i>Ketchup</i>	Hamburger (Lettuce & Tomato)	Baked Chicken	Picadillo
Green Peas	Salad <i>Italian or Ranch Dressing</i>	Oven Fried Potatoes	Platano Maduro (plantains)	Yucca
Black Beans	Steamed Baby Carrots	Pears	Peaches	Mixed Vegetables
White Rice	Soft Roll	Bun <i>Mustard, Mayo, Ketchup</i>	Cuban Bread	Congri
10/13/25	10/14/25	10/15/25	10/16/25	10/17/25
Fricassee de Pollo	Platano Maduro	Picadillo	Beefaroni	Arroz Con Pollo
Mashed Potatoes	Black Beans	Corn	Mixed Vegetables	Salad <i>Italian or Ranch Dressing</i>
Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit	Mandarin Oranges	Yuca (with mojo)
Whole Grain Bread <i>Butter or Margarine</i>	Rice	Brown Rice	Macaroni (in entrée)	Rice (in entrée)
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
Roast Chicken	Chicken Nuggets <i>Ketchup</i>	Hamburger (Lettuce & Tomato)	Fricassee de Pollo	Breaded Fish
Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad <i>Italian or Ranch Dressing</i>
Pears	Applesauce	Seasonal Fresh Fruit	Red Beans	Steamed Baby Carrots
Moros	Whole Grain Bread <i>Butter or Margarine</i>	Bun <i>Ketchup</i>	Brown Rice	Macaroni & Cheese
10/27/25	10/28/25	10/29/25	10/30/25	10/31/25
Ropa Vieja	Breaded Chicken Patty	Picadillo	Spaghetti & Meat Sauce (Ground Turkey or Beef)	Arroz Amarillo con Pollo
Black Beans	Green Peas	Red Beans	Salad <i>Italian or Ranch Dressing</i>	Mixed Vegetables
Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Carrots	Pears
Rice	Cuban Bread	Rice	Spaghetti (entrée)	Rice (in entrée)