

OCTOBER 2026 LUNCH MENU

PEACE, INC. SENIOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			CATERED LUNCHEON CHICKEN TENDERS, MAC & CHEESE, SALAD, DESSERT; ENTERTAINMENT BY ROCK SHADOWS \$5 – SIGN UP IN OFFICE BY TUES 9/29
5 BREADED HADDOCK SERVED ON A WHOLE WHEAT BUN COLESLAW POTATOES O'BRIEN APPLE BETTY	6 CHICKEN TACO CASSEROLE MEXICAN SALAD (ROMAINE, CUKES, TOMATO, CORN W/HONEY-LIME VINAIGRETTE) LEMON BLUEBERRY COOKIE	7 MEATBALL SUB W/ MOZZARELLA ON A WHOLE WHEAT SUB ROLL CHUNKY FLORENTINE TOMATO SOUP TROPICAL FRUIT COCKTAIL	8 KIELBASA PIEROGIS W/ SAUTEED ONIONS SAUREKRAUT & APPLES MANDARIN ORANGES
12 SENIOR CENTER CLOSED	13 CHEESE MANICOTTI (2) W/RED SAUCE SWEET ITALIAN SAUSAGE MEDITERRANEAN VEGETABLES TIRAMISU HAWAIIAN ROLL W/ MARGARINE	14 HERBED BAKED CHICKEN WILD RICE BUTTERNUT BISQUE DICED PEACHES	15 HOMEMADE STUFFED PEPPERS (GROUND BEEF & RICE) MINESTRONE SOUP ITALIAN BREAD FIG NEWTON
19 SLOPPY JOE ON A KAISER ROLL SPLIT PEA SOUP RICE PILAF ICE CREAM CUP	20 FRIED CHICKEN TENDERS ON BELGIAN WAFFLE W/ MAPLE SYRUP CONFETTI COLE SLAW CANTALOUPE	21 LASAGNA ROLLS W/ RED SAUCE BEEF MEAT SAUCE MEDITERRANEAN VEGETABLE BLEND FRUIT COCKTAIL	22 APRICOT GLAZED PORK RED SKIN MASHED POTATOES ROASTED BRUSSEL SPROUTS W/ CRAISINS & BALSAMIC VANILLA PUDDING
26 CHICKEN FRIED STEAK W/CREAMY ONION GRAVY GREEN BEANS APPLE SAUCE LEMON COOKIE	27 BEEF POT ROAST W/GRAVY ROASTED ROOT VEGETABLES MASHED POTATOES MANGO DINNER ROLL W/MARGARINE	28 CHICKEN FRANCESE (EGG BATTERED) W/ LEMON-WINE BUTTER SAUCE ROASTED ASPARAGUS FRESH BASIL LINGUINI CHOCOLATE CREAM PIE/DICED PEARS	29  SHEPHERD'S PIE (BEEF W/4-WAY VEGETABLE TOPPING & WHIPPED POTATO TOPPING) CRUSTY ITALIAN BREAD BROWNIE HALLOWEEN PARTY!

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.50 GUESTS UNDER 60... \$7.00
LUNCH RESERVATIONS SHOULD BE IN BY 12:00 PM THE DAY BEFORE OR BY THURSDAY 12:00PM FOR THE FOLLOWING WEEK.
IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.