

DIET MENU

OCTOBER 2026

MENUS ARE SUBJECT TO CHANGE
DUE TO AVAILABILITY

Please call our office by 9am to cancel your meal for the day!			Thursday 10/1/2026	Friday 10/2/2026
			All Beef Hot Dog Diced Potatoes Corn WG Hot Dog Bun Peach & Strawberries 1% Milk	WG Spaghetti & Meat Sauce Honey Glazed Carrot Coins Green Beans WG Breadstick/Marg Pineapple Tidbits 1% Milk
Monday 10/5/2026	Tuesday 10/6/2026	Wednesday 10/7/2026	Thursday 10/8/2026	Friday 10/9/2026
Sweet & Sour Chicken Breast Broccoli Brown Rice Pilaf Cinn. Raisin Bread/Marg Diced Peaches 1% Milk	BBQ Meatballs Potato Medley California Blend Veggies WG Petite Roll/Marg Fudge Round OR Diet Cookie for Diabetics 1% Milk	Hamburger Patty & Brown Gravy Mashed Potatoes Diced Beets WG Dinner Roll/Marg Fresh Apple 1% Milk	Chicken Breast w/ Gravy Spanish Rice Country Blend Veggies Marble Rye Bread/Marg Fruit Mix 1% Milk	Western Omelet Potatoes O'Brien Cinnamon Applesauce WG Bread Slice/Marg 1% Milk
Monday 10/12/2026	Tuesday 10/13/2026	Wednesday 10/14/2026	Thursday 10/15/2026	Friday 10/16/2026
Oven Fried Chicken Breast w/ Country Gravy Mashed Potatoes Diced Carrots WG Dinner Roll/Marg Sliced Pears 1% Milk	Cheese Ravioli in Pink Sauce Green Beans Brussels Sprouts Vienna Bread/Marg Apricot Halves 1% Milk	Meatloaf in Brown Gravy Whipped Potatoes Mixed Vegetables Honey Wheat Bread/Marg Plain Cake Square 1% Milk	Chicken Breast w/ Cordon Bleu Sauce Diced Potatoes Stewed Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	Beefy Stroganoff Mac Casserole Broccoli Diced Pears WG Breadstick/Marg 1% Milk
Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026
Hamburger Patty & Country Gravy Garlic Mashed Potatoes Country Blend Veggies Vienna Bread Slice/Marg Choc. Chip Muffin OR Diet Cookie for Diabetics 1% Milk	Meatballs in Gravy Diced Baby Red Potatoes Spring Blend Veggies WG Dinner Roll/Marg Sliced Peaches 1% Milk	Sliced Turkey in Gravy Mashed Potatoes Green Beans WG Petite Roll/Marg Rice Krispy Treat 1% Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Chuckwagon Corn WG Dinner Roll/Marg Fresh Pear Tartar Sauce PC 1% Milk	Pulled Pork Sandwich Green Peas Peppers & Onions WG Coney Bun Applesauce 1% Milk
Monday 10/26/2026	Tuesday 10/27/2026	Wednesday 10/28/2026	Thursday 10/29/2026	Friday 10/30/2026
BBQ Chicken Breast Diced Sweet Potatoes Peas & Carrots WG Petite Roll/Marg Strawberries & Mandarins 1% Milk	Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Green Beans WG Breadstick/Marg Fruit Cocktail 1% Milk	Meatballs in Gravy Diced Potatoes Honey Roasted Carrots WG Dinner Roll/Marg Chocolate Pudding OR Diet Pudding for Diabetics 1% Milk	Chunky Chicken Pot Pie Mashed Potatoes California Blend Veggies Vienna Bread Slice/Marg Oatmeal Cream Pie 1% Milk	Hamburger Patty with Cheddar Cheese Potato Medley Broccoli WG Hamburger Bun Diet Cookie 1% Milk

****These Meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds****

Allison S. Adrian, CDM, CFPP

ENOA Nutrition Services Division Director

402-444-6766

Meals Created by Company Kitchen

Distributed by ENOA