

508-852-3205

Ext. 290

October 2026

ESWA Nutrition Program

www.eswa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change Your \$3.00 Donation is Appreciated!			1 Hot Dog on Bun Baked Beans Coleslaw Baked Apples & Applesauce Mustard	2 Swedish Meatballs Mashed Potatoes Carrots Fruited Ambrosia Italian Bread
5 Teriyaki Beef Vegetable Fried Rice Broccoli Pineapple Whole Wheat Bread Fortune Cookie	6 Meatloaf with Gravy Garlic Mashed Potatoes Scandinavian Vegetables Fresh Fruit Marble Rye Bread	7 Roast Turkey & Gravy Mashed Sweet Potatoes Peas & Mushrooms Apple Crisp Diet = Applesauce Dinner Roll	8 Macaroni & Cheese Stewed Tomatoes Green Beans Tapioca Pudding Diet= Tapioca Pudding Italian Bread	9 Chicken Tiki Masala Couscous Roasted California Veg. Lorna Doones Pumpernickel Bread
12 <u>COLUMBUS DAY</u> No Meal Served	13 Pork Rib-i-que Mac N Cheese Green Beans Mandarin Oranges Sandwich Roll	14 Sloppy Joe Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	15 Chicken Cacciatore Gemelli Pasta Roastd Broccoli & Carrots Blueberry Crisp Diet = Applesauce Italian Bread	16 Fish w/Crumb Topping Lemon Seasoned Potatoes Tuscany Style Vegetables Jello Sandwich Roll Tartar Sauce
19 Honey Mustard Pork Red Bliss Potatoes Carrots Fresh Fruit Dinner Roll	20 Spaghetti & Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Italian Bread	21 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll	22 Garlic Herbed Chicken Herbed Stuffing Brussels Sprouts Cake / Diet = Half Piece Pumpernickel Bread	23 Beef Stir Fry Steamed Rice Broccoli & Red Peppers Oreos Marble Rye Bread
26 Vegetable Cheese Bake Seasoned Potatoes Green Beans Yogurt Whole Wheat Bread	27 Burger with Chili & Cheese Sweet Potato Fries Roasted California Veg. Blueberries Sandwich Roll	28 Jambalaya Rice Pilaf Green Peas Pineapple Marble Rye Bread	29 Braised Beef Gemelli Pasta Broccoli Peaches Italian Bread	30 Ranch Chicken Vegetable Couscous Spinach Pumpkin Mousse Pumpernickel Bread

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