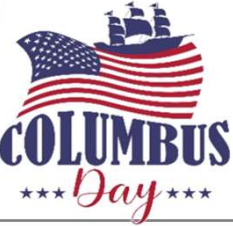


October 2025 Congregate Lunch Menu

Monday		Tuesday		Wednesday	Thursday	Friday
				1 Pulled Pork Mashed Sweet Potatoes Brussels Sprouts	2 Basil Lemon Chicken Couscous Steamed Spinach	3 Roast Beef Sandwich Coleslaw Celery Sticks 
6 Meatballs in Marinara Penne Pasta Brussels Sprouts Apple		7 Chef's Salad - Turkey & Cheese Tomato Salad Wheat Roll		8 Pork Carnitas Black Beans Baja Vegetables Banana 	9 Chili Con Carne Steamed Cauliflower Wheat Bread	10 Chicken Salad Sandwich Carrot Raisin Salad
13  Closed		14 Sweet & Sour Meatballs Steamed Rice Broccoli		15 Roasted Turkey Mashed Potatoes Green Beans 	16 Mushroom Spinach Chicken Penne Pasta California Vegetables	17 Mandarin Chicken Salad Wheat Roll Mandarin Oranges
20 Chicken Alfredo Penne Pasta Broccoli		21 Ranch Steak Mashed Potatoes Peas & Carrots		22 Pork Chop with Ancho Chili Rice Baja Vegetables 	23 Chicken Fajitas Onions & Bell Peppers Baja Vegetables	24 Turkey Spinach Salad Wheat Roll
27 Chicken Piccata Mashed Potatoes Brussels Sprouts		28 Beef Picadillo Spanish Rice Corn		29 Chicken Stir Fry Brown Rice Steamed Cabbage	30 Glazed Ham with Pineapple Sweet Potatoes Cauliflower	31 BBQ Chicken Sandwich Potato Salad Baby Carrots  

Milk served at every meal



Indicates sodium above 760mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Materials, products, and services are funded by the California Department of Aging in partnership with Riverside County Office on Aging.

Corona Snr Ctr 951-739-4966
Mead Valley 951-210-1587

Good Hope 951-943-9126
Murrieta 951-461-6122

Janet Goeske 951-351-8801
Norco 951-270-5647

Lake Elsinore 951-674-2526

sodexo 