

October 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Cheese Tortellini with Meat Sauce Brussels Sprouts Apple	6 Chicken Fajitas Spanish Rice Baja Vegetables Banana	7 Chili con Carne Potato Wedges Mixed Vegetables Orange	1 Sesame Chicken Steamed Rice Asian Vegetable Blend Orange	2 Chicken Caesar Salad Wheat Roll Pineapple
12 Chicken Piccata Couscous Steamed Spinach Apple	13 Salisbury Steak Mashed Potatoes Mixed Vegetables Banana	14 Roasted Pork Sweet Potatoes Brussels Sprouts Pear	8 BBQ Chicken Sweet Potatoes Broccoli Pear	9 Tuna Salad Sandwich Cucumber Salad Pineapple
19 Chicken & Broccoli Steamed Rice Cabbage Pear	20 Beef Picadillo Cilantro Rice Baja Vegetables Apple	21 Baked Pasta with Chicken Italian Vegetables Orange	15 Cheese Enchiladas Black Beans Baja Vegetables Apple	16 Turkey & Orzo Spinach Salad Wheat Roll Sliced Peaches
26 Chicken Cacciatore Confetti Rice Cauliflower Apple	27 Meatballs in Marinara Sauce Spaghetti Pasta Italian Vegetables Orange	28 Carnitas Spanish Rice Baja Vegetables Pear	22 Pulled Pork Sweet Potatoes Brussels Sprouts Banana	23 Egg Salad Sandwich Carrot Raisin Salad Mandarin Oranges
			29 Roasted Turkey Mashed Potatoes Capri Vegetables Banana	30 Chicken Salad Sandwich Baby Carrots Pineapple B

Milk served at every meal

Indicates sodium above 1,000mg per meal

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.

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Corona Snr Ctr	951-739-4966	Good Hope	951-943-9126	Janet Goeske	951-351-8801	Lake Elsinore	951-674-2526
Mead Valley	951-210-1587	Murrieta	951-461-6122	Norco	951-270-5647		
Stratton	951-826-5355	Temecula	951-694-6464	Villegas	951-351-6142		

***sodexo**

Menus may be subject to change