

October 2025

SUN

MON

TUE

WED

THU

FRI

SAT



MEDINACAFÉ
Homemade goodness served daily

5

Grilled Chicken
Rice
Green Beans

6

Pasta Bar

7

Tuscan Chicken
Grilled Hamburger
Fries
Pasta
Spinach

8

Enchiladas
Roasted Chicken
Spanish Rice
Pinto Beans
Mixed Veggies

9

Onion Chicken
Sausage and Rice
Mashed Potatoes
Winter Vegetables

10

Grilled Chicken Wrap
Cat fish
Mac and Cheese
Broccoli

11

Pot Roast
Rice
Carrots

12

Enchilada
Spanish Rice
Pinto Beans

13

Chicken & Dumplings
Smothered Pork Chops
Mashed Potatoes
Mixed Vegetables

14

Grilled Shrimp
Chicken Cacciatore
Rice
Cabbage

15

Southwest Chicken
Street Beef Taco
Spanish Rice
Pinto Beans
Mixed Veggies

16

Chili and Cornbread
Grilled Cheese
Tomato Soup

17

Fish Burger
Hot Ham and Cheese
Mashed Potatoes
Fried Zucchini
Broccoli

18

Hamburger
Fries
Side Salad

19

Chicken Alfredo
Green Beans

20

Roasted Turkey
Sweet Potatoes
Green Beans
Ham and Cheese Wrap

21

Baked Potato Bar
Grilled Chicken

22

Enchiladas
Chicken Crisпитos
Spanish Rice
Pinto Beans
Mixed Veggies

23

California Chicken
Pork Chops with Gravy
Garlic Mashed Potatoes
Green Beans

24

Fried Chicken Steak
Pan Grilled Salmon
Mac and Cheese
Zucchini

25

Asian Chicken
Fried Rice
Stir Fried Vegetables

26

BBQ Chicken
Potato Salad
Green Beans

27

Spaghetti &
Meat Sauce
Chicken Alfredo
Broccoli

28

Baked Chicken
Mac and Cheese
Chopped Brisket
Peas and Carrots
Cobb Salad

29

King Ranch
Beef Fajitas
Fideo
Pinto Beans
Mixed Veggies

30

Nacho Bar
Hamburger Bar

31

Roast Beast
Grilled Chicken
Mashed Potatoes
Spicy Carrots

