Layer8 Educate

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October 2026 Monthly Menu

Sample senior center meal menu - demonstration content

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Herb Roasted Chicken** Mashed potatoes, green beans, fruit	**2** **Baked Fish** Rice pilaf, broccoli, applesauce
5 **Meatloaf** Mashed potatoes, carrots, pudding	**6** **Chicken Noodle Soup** Turkey sandwich, fruit cup	**7** **Baked Ziti** Garden salad, garlic bread, peaches	**8** **Turkey & Gravy** Stuffing, peas, cranberry sauce	**9** **Tuna Melt** Tomato soup, mixed fruit
12 **Chicken Parmesan** Pasta, green beans, fruit	**13** **Beef Stew** Dinner roll, side salad, pudding	**14** **Ham & Scalloped Potatoes** Broccoli, applesauce	**15** **Stuffed Peppers** Rice, corn, fruit cup	**16** **Grilled Chicken Sandwich** Potato wedges, coleslaw
19 **Salisbury Steak** Mashed potatoes, peas, peaches	**20** **Tomato Basil Soup** Grilled cheese, fresh fruit	**21** **Roast Turkey** Stuffing, green beans, cranberry sauce	**22** **Baked Ham** Sweet potatoes, mixed vegetables, fruit	**23** **Chicken Alfredo** Broccoli, dinner roll, applesauce
26 **Beef & Vegetable Chili** Cornbread, side salad, fruit	**27** **Chicken Pot Pie** Garden salad, peaches	**28** **Pork Loin** Mashed potatoes, carrots, pudding	**29** **Lasagna** Italian vegetables, garlic bread, fruit	**30** **Halloween Lunch** Sloppy joe, baked chips, festive dessert

Demonstration menu for the Layer8 Educate WordPress project. Meals and details are fictional.

Menu subject to change. Contact the center with dietary questions.