October 2025 |

Mon

Thu

Wed



Spaghetti and $|^2$ Roast turkey and gravy $|^3$ meatballs, Italian green with mashed potatoes Pork loin** beans, side salad, a and broccoli, a whole potato wedges, coleslaw, whole wheat breadstick, a whole wheat biscuit, wheat dinner roll, and an apple crisp with mixedfruit salad, and and mixed berries. oatmeal. Fig Newton's. 10 Barbeque pork** Beef lasagna, Chicken parmesan with Beef tacos on a whole Cod fillet. Brussels sandwichon a whole 4-way-vegetables, wheat tortilla, Chuck sprouts, corn, brown roasted red potatoes, wheat bun, baked zucchini, whole wheat rice, and apricot slices. green peas, a whole Wagon corn, pinto beans, yellow squash, bread sticks, and a wheat dinner roll, and beans, and strawberries and watermelon slices. banana. with cream. diced peaches. 14 16 Shrimp Alfredo on Chicken pot pie with Shepard's pie with beef, Honey garlic chicken Chili con carne, sautéed linguine noodles with celery and carrots over a mashed potatoes, peas with Asian vegetable yellow squash, green broccoli and cauliflower. whole wheat biscuit, and carrots, a whole side salad, cornbread, mix, edamame, brown 5-way-vegetable mix, and 4-way-vegetable mix, and wheat dinner roll, and rice, and tropical fruit. and mixed berries. an orange. pineapple chunks. strawberries. $\overline{^{24}}$ Meatloaf with gravy, 20 Chicken stuffed with Chicken tacos on a Salisbury steak with Beef Stroganoff over mashed potatoes, broccoli and cheese. whole wheat tortilla, ONE. gravy, cubed roasted egg noodles, green Normandy vegetables, a cauliflower, baby carrots, a refried beans, roasted potatoes, spinach, a beans, a garden side whole wheat dinner roll, whole wheat dinner roll, corn, and Mandarin salad, and mango cubes. Fig Newton's, and a pear. whole wheat biscuit, and and a peach crisp with orange slices. an apple. oatmeal. 27 28 1²⁹ Ham** and cheese 30 31 Roast beef Pot roast with gravy, Tuna salad sandwich on hoagie with lettuce, Open-faced sandwich on Chicken Kiev with grilled potatoes with carrots whole wheat bread with tomatoes, and onion whole wheat bread with vegetables, wax beans, and celery, sweet corn, baby carrots, 3-bean slices on a whole wheat gravy, mashed potatoes, brown rice, and an a wholewheat biscuit. salad, and Mandarin roll, chopped veggie green beans, sliced apples orange. and a banana. salad, and a pear. and graham crackers. orange slices.

TCAA IS FUNDED IN PART BY AREA **AGENCY ON** AGING, REGION

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

ITEMS WITH ** **CONTAIN PORK** OR PORK **PRODUCTS**

October 2025 | ESCALANTE LUNCH MENU



Mon Tue Wed Thu

29	30	1 Spaghetti and	² Roast turkey and gravy	3	
		meatballs, Italian green	with mashed potatoes	Pork loin**,	
		beans, side salad, a	and broccoli, a whole	potato wedges, coleslaw,	
		whole wheat breadstick,	wheat dinner roll,	a whole wheat biscuit,	
		and an apple crisp with	mixedfruit salad, and	and mixed berries.	
		oatmeal.	Fig Newton's.		
6	7	8	9	10	
Chicken parmesan with	Beef tacos on a whole	Barbeque pork**	Beef lasagna,	Cod fillet, Brussels	
roasted red potatoes,	wheat tortilla, Chuck	sandwichon a whole	4-way-vegetables,	sprouts, corn, brown	
green peas, a whole	Wagon corn, pinto	wheat bun, baked	zucchini, whole wheat	rice, and apricot slices.	
wheat dinner roll, and	beans, and strawberries	beans,yellow squash,	bread sticks, and a		
diced peaches.	with cream.	and watermelon slices.	banana.		
13	14	15	16	17	
Shepard's pie with beef,	Honey garlic chicken	Shrimp Alfredo on	Chili con carne, sautéed	Chicken pot pie with	
mashed potatoes, peas	with Asian vegetable	linguine noodles with	yellow squash, green	celery and carrots over a	
and carrots, a whole	mix, edamame, brown	broccoli and cauliflower,	side salad combread	whole wheat biscuit,	
wheat dinner roll, and	rice, and tropical fruit.	5-way-vegetable mix, and	and mixed berries.	4-way-vegetable mix, and	TCAA IS FU
strawberries.	Tice, and hopical fruit.	an orange.	and mixed berries.	pineapple chunks.	IN PART BY
20	21	22	23	²⁴ Meatloaf with gravy,	AGENCY
Salisbury steak with	Chicken tacos on a	Beef Stroganoff over	Chicken stuffed with	mashed potatoes,	AGING, RE
gravy, cubed roasted	whole wheat tortilla,	egg noodles, green	broccoli and cheese, cauliflower, baby carrots, a	1	ONE.
potatoes, spinach, a	refried beans,roasted	beans, a garden side	whole wheat dinner roll,	whole wheat dinner roll,	
whole wheat biscuit, and	corn, and Mandarin	salad, and mango cubes.	Fig Newton's and a pear	and a peach crisp with	MENU SUBJI
an apple.	orange slices.	and the same of the same of	Trig riewion's, and a pear.	oatmeal.	CHANGE D
27	28	²⁹ Ham** and cheese	30	31	AVAILABII
	Pot roast with gravy,	hoagie with lettuce,	Roast beef Open-faced sandwich on	Tuna salad sandwich on	
Chicken Kiev with grilled	potatoes with carrots	tomatoes, and onion	whole wheat bread with	whole wheat bread with	ITEMS WIT
vegetables, wax beans,	and celery, sweet corn,	slices on a whole wheat	gravy, mashed potatoes,	baby carrots, 3-bean	CONTAIN
brown rice, and an	a wholewheat biscuit,	roll, chopped veggie	green beans, sliced apples		OR PO
orange.	and a banana.	salad, and a pear.	and graham crackers.	orange slices.	PRODUC

UNDED BY AREA Y ON REGION

BJECT TO **DUE TO** BILITY.

/ITH ** N PORK ORK **JCTS**

October 2025 |

Tue

Mon

Slices

Thu

Cinnamon Apples

Banana

Wed



Bean & Vegetable Baked Cod w/ tomato Beef & Vegetable Stir Chili, Side Salad, Carrots basil sauce, Roasted Fry, Peppers & Onions, onions, tomatoes, Zucchini, Tomato Basil TCAA IS FUNDED Steamed Carrots, Brown Cornbread, Fresh Grapes sauce, Quinoa, Banana IN PART BY AREA Rice, Pineapple Chunks **AGENCY ON** 10 Pork Tenderloin** AGING, REGION Roasted Chicken, Lemon Oven Baked Salmon. Spaghetti Bolognese, ,Balsamic Glazed Vegetable Lentil Stew, ONE. Steamed Asparagus, Pepper Grean Beans, Tomato Sauce, Side Carrots, Roasted Red Brussels Sprouts, Onion, Roasted Carrots, Whole Cowboy Corn Salad, Salad, Spaghetti, Garlic Potatoes, WW Biscuit, Carrots, Tomato, WW Wheat Stuffing, Pear Brown Rice, Mixed Breadstick, Cantaloupe Cinnamon Apple Slices Bread, Orange Slices Halves **Berries** AVAILABILITY. Turkey & Brown Rice 15 17 Baked Blackened Tilapia, Herb-Roasted Chicken. Vegetable Lasagna, Homestyle Beef Stew, Stuffed Peppers, Bell ITEMS WITH ** Zucchini, Onions, Tomato Roasted Brussels Steamed Broccoli, Carrots, Potatoes, WW Pepper, Tomatoes, **CONTAIN PORK** Sauce, Steamed Green Roasted Tomatoes, Sprouts, Carrot Coins, Steamed Spinach, Brown Biscuit, Cinnamon Apple OR PORK Beans, Garlic Breadstick, Couscous, Whole Wheat Quinoa Pilaf, Rice, Whole Wheat Roll, Crumble Cinnamon Peaches **PRODUCTS** Strawberries Roll, Banana Fresh Grapes 20 21 23 24 Baked Chicken **Pork Stuffed Cabbage** Pork Stir-Frv** Vegetarian Black Bean Salmon Patties, Steamed Parmesan, Tomato Onions, carrots, Steamed AT LEAST ONE Rolls** Tacos w/ Cheese, Pico Broccoli, Roasted Sweet Sauce, Winter Squash Snow Peas, Tri-Colored de Gallo, Mexican Street ,Cabbage, Steamed Potato, WW Bun, Blend, Penne Pasta, Quinoa, Sliced Oranges Style Cauliflower, Corn Carrots, Brown Rice, Banana Pineapple Chunks Tortilla, Mango Chunks TCAA'S MEAL WW Roll, Pear Halves 30 **RESERVATIONS** Chicken & Vegetable Turkey Meatballs, Kielbasa & Potatoes** Beef Roast & Onion Bean and Vegetable Noodle Soup, Side Salad, Steamed Green Beans, Gravy, Steamed Carrots, Chili, Carrots, Onions, 1724. Spinach, Pepper, Onion, Carrots, Onions, Corn, Tomato Sauce, Spaghetti, Potatoes, WW Biscuit, Mashed Potatoes, WW tomatoes, Steamed Greenbeans, WW Roll, Garlic Breadstick. Roll, Mixed Berries Broccoli, Cornbread, Egg Noodles, Peach Grapes

MENU SUBJECT TO CHANGE DUE TO

PLEASE REGISTER DAY IN ADVANCE BY CONTACTING LINE AT 480-312-