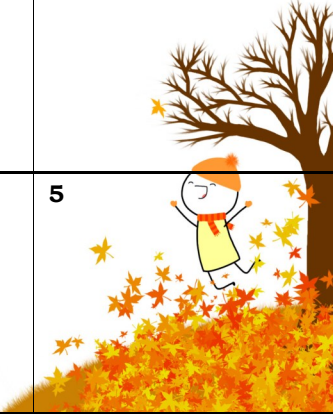


OCTOBER 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 CHEESY CHICKEN & BROCCOLI CASSE- ROLE W/RICE GREEN BEANS FRUIT	2	
	5 	6 TACO BAKE W/ LETTUCE, TOMATO, AND SOUR CREAM MEXI-CORN SPANISH RICE PUDDING	7 CHILI BROCCOLI SALAD BREADSTICK FRUIT BIRTHDAY CAKE	8 CHOPPED STEAK W/ GRAVY OVER RICE CARROTS TROPICAL FRUIT	9	MEALS BROUGHT TO YOU BY CLM COMMUNITY ACTION AGENCY YOUR VOLUNTARY CONTRIBUTIONS ARE APPRECIATED
	12	13 ITALIAN CHICKEN ROASTED REDS VEGGIE BLEND FRUIT PEACH COBBLER	14 SMOTHERED PORK CHOPS SCALLOPED POTOATOES GREEN BEANS DINNER ROLL FRUIT	15 SWEDISH MEAT- BALLS OVER EGG NOODLES PEAS & CARROTS PEACHES	16	
THIS MONTHLY MENU MAY CHANGE DUE TO CIRCUMSTANCES OUT OF OUR CONTROL	19	20 SWEET & SOUR CHICKEN RICE CARROTS TROPICAL FRUIT	21 APPLE PORK LOIN AU GRATIN POTATOES VEGGIE BLEND FRUIT	22 LASAGNA TOSSED SALAD W/ TOMATO MIXED VEGETABLES GARLIC TOAST JELLO W/FRUIT	23	ALL MEALS SERVED WITH BREAD & MILK Meals served at 12:00 PM
	26	27 CHICKEN SANDWICH MAC & CHEESE CARROT STICKS W/ RANCH LETTUCE & TOMATO	28 BAKED HAM ROASTED REDS VEGGIE BLEND COOKIE	29 CHEESE ENCHILA- DAS REFRIED BEANS DIRTY RICE CORN FRUIT	30	

TROUT LAKE COMMUNITY CENTER 906-569-3291