



# OCTOBER 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
			<b>1</b> <b>NO LUNCH TODAY</b> <b>NUTRITION STAFF MEETING</b>	<b>2</b> <b>SMOTHERED CHICKEN</b> <b>MASHED POTATO</b> <b>VEGGIE BLEND</b>	<b>3</b>	
		<b>7</b> <b>MAC &amp; CHEESE</b> <b>PEAS</b> <b>COLESLAW</b> <b>FRUIT</b>	<b>8</b> <b>BEEF STIR-FRY W RICE</b> <b>BROCCOLI CAKE</b>	<b>9</b> <b>BBQ CHICKEN</b> <b>BAKED BEANS</b> <b>CORN</b> <b>JELLO W FRUIT</b>	<b>10</b>	<b>MEALS BROUGHT TO YOU BY CLM</b> <b>COMMUNITY ACTION</b> <b>AGENCY YOUR DONATIONS ARE APPRECIAT-</b>
	<b>13</b>	<b>14</b> <b>LEMON CHICKEN</b> <b>SWEET POTATO</b> <b>CAULIFLOWER</b> <b>PUDDING</b>	<b>15</b> <b>PORK ROAST</b> <b>AUGRATIN</b> <b>POTATOES</b> <b>CORN</b> <b>TROPICAL FRUIT</b>	<b>16</b> <b>MEATLOAF</b> <b>MASHED POTATO</b> <b>GREEN BEANS</b> <b>FRUIT</b>	<b>17</b>	
<b>THIS MONTHLY MENU MAY CHANGE DUE TO CIRCUMSTANCES OUT OF OUR CONTROL</b>	<b>20</b>	<b>21</b> <b>CHICKEN &amp; DUMPLINGS</b> <b>CALIFORNIA BL</b> <b>COOKIES</b>	<b>22</b> <b>ROAST TURKEY</b> <b>MASHED POTATO</b> <b>BRUSSEL SPROUTS</b> <b>FRUIT</b>	<b>23</b> <b>BBQ PORK ON A BUN</b> <b>POTATO SALAD</b> <b>CAPRI BLEND</b> <b>FRUIT</b>	<b>24</b>	<b>ALL MEALS SERVED WITH BREAD &amp; MILK</b> <b>Meals served at 12:00 PM</b>
	<b>27</b>	<b>28</b> <b>BREADED PORK</b> <b>ROSEMARY REDS</b> <b>CARROTS</b> <b>FRUIT PARFAIT</b>	<b>29</b> <b>GOULASH</b> <b>CALIFORNIA BL</b> <b>GARLIC TOAST</b> <b>TOSS SALAD</b> <b>FRUIT</b>	<b>30</b> <b>ITALIAN CHICKEN</b> <b>BAKED POTATO</b> <b>GREEN BEANS</b> <b>PEACHES</b>	<b>31</b>	

**TROUT LAKE COMMUNITY CENTER 906-569-3291**

**\*\* SUGGESTED DONATION \*\* SENIORS \$3.00 GUEST \$6.00**