

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

October 2026

Allison Goodman RD, LD

Date: 8/26/26 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>				1 Stuffed peppers Mac and cheese Mixed veggies Applesauce WW roll Milk	2 Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk
<u>WEEK TWO</u>	5 Tortellini w turkey sausage and roasted red pepper sauce Tossed salad w dressing Diced carrots WW bread Peaches Milk	6 Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	7 BBQ chicken Mac and cheese Greens Cornbread Applesauce	8 Chicken fettuccini alfredo Tomato/basil soup Spinach WW roll Tropical fruit Milk	9 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK THREE</u>	12 Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Naan Milk	13 Veg chili Greens Mashed potatoes Watermelon Cornbread Milk	14 Hamburger on whole wheat bun w/mustard, mayo, ketchup, lettuce, tomato Baked beans Green beans Tropical fruit Milk	15 Tuna salad sandwich Snap pea salad Carrot/cumin soup Banana (2) WW bread Milk	16 Chicken picatta Mashed potatoes Spinach Banana Biscuit Milk
<u>WEEK FOUR</u>	19 Chicken parm Penne marinara Greens WW bread Pineapple Milk	20 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	21 Ravioli w meat sauce Tomato + okra Baby carrots WW bread Lemon raspberry cup Milk	22 Grilled chicken w red pepper sauce Roasted root veggies Greens Cornbread Mandarin Milk	23 Veg lasagna Tossed salad w dressing Corn WW bread Banana Milk
<u>WEEK FIVE</u>	26 Jambalaya Tossed salad Peas and carrots Cajun biscuit Mandarin oranges Milk	27 Sloppy Joe Mac and cheese Cabbage WW bun Watermelon Milk	28 Chicken lo mein Bok choy Corn Pineapple Naan Milk	29 Italian sausage on hot dog bun Cabbage Diced carrots Mustard/ketchup Strawberry kiwi cup Milk	30 Roasted turkey w gravy Green beans Mashed potatoes Pie Biscuit Milk Free day