

# October 2026

Call us at: (805) 928-1707

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Family Service Agency  
Central Coast Senior Nutrition  
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| Monday                                                                                                                                                            | Tuesday                                                                                                                             | Wednesday                                                                                                                                       | Thursday                                                                                                                                              | Friday                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                   |                                                    |                                                                                                                                                 | <b>October 1, 2026</b><br>Albondigas<br>Corn Tortilla<br>Chuckwagon Corn<br>Seasoned Zucchini<br>Orange<br>Milk                                       | <b>October 2, 2026</b><br>Vegetarian Chili<br>Whole Wheat Roll<br>Parslied Carrots<br>Green Peas<br>Tropical Fruit Cup<br>Milk              |
| <b>October 5, 2026</b><br>Spaghetti w/Meat Sauce<br>Whole Wheat Pasta<br>Capri Blend Vegetables<br>Chuckwagon Corn<br>Mandarin Orange Cup<br>Milk                 | <b>October 6, 2026</b><br>Chicken Patty<br>Whole Wheat Bun<br>Green Beans<br>Sweet Potatoes<br>Peach Cup<br>Milk                    | <b>October 7, 2026</b><br>Omelette w/Cheese<br>Whole Wheat Roll<br>Roasted Potatoes<br>Stewed Tomatoes<br>Mixed Fruit Cup<br>Milk               | <b>October 8, 2026</b><br>Meatloaf w/Gravy<br>Whole Wheat Bread<br>Broccoli<br>California Blend Vegetables<br>Orange<br>Milk                          | <b>October 9, 2026</b><br>Beef Tamale w/Red Sauce<br>Corn Tortilla<br>Cauliflower<br>Pinto Beans<br>Honeydew Melon<br>Milk                  |
| <b>October 12, 2026</b><br>Chicken Lo Mein<br>Whole Wheat Pasta<br>Green Peas<br>Stir Fry Blend Vegetables<br>Orange<br>Milk                                      | <b>October 13, 2026</b><br>Shepherd's Pie<br>Mashed Potatoes<br>Whole Wheat Roll<br>Green Beans<br>Pineapple Cup<br>Milk            | <b>October 14, 2026</b><br>Chicken Curry<br>Brown Rice<br>Parslied Carrots<br>Winter Blend Vegetables<br>Honeydew Melon & Banana Muffin<br>Milk | <b>October 15, 2026</b><br>Chickpea Florentine<br>Whole Wheat Pasta<br>4-Way Blend Vegetables<br>Seasoned Zucchini<br>Pear Cup<br>Milk                | <b>October 16, 2026</b><br>Hawaiian Chicken Salad<br>Romaine Lettuce<br>Whole Wheat Bread<br>Tomatoes<br>Papaya Cup<br>Milk                 |
| <b>October 19, 2026</b><br>Chicken Chili Verde<br>Corn Tortilla<br>4-Way Blend Vegetables<br>Broccoli<br>Mixed Fruit Cup<br>Milk                                  | <b>October 20, 2026</b><br>Chicken Teriyaki<br>Brown Rice<br>Seasoned Cabbage<br>Pacific Blend Vegetables<br>Honeydew Melon<br>Milk | <b>October 21, 2026</b><br>Lentil Stew<br>Whole Wheat Roll<br>Brussel Sprouts<br>Sweet Potatoes<br>Orange<br>Milk                               | <b>October 22, 2026</b><br>Chicken Patty w/Marsala Sauce<br>Whole Wheat Pasta<br>Italian Blend Vegetables<br>Green Pea Salad<br>Pineapple Cup<br>Milk | <b>October 23, 2026</b><br>Taco Salad<br>Romaine Lettuce<br>Coleslaw<br>Tropical Fruit Cup<br>Crackers<br>Milk                              |
| <b>October 26, 2026</b><br>Mediterranean Chicken<br>Whole Wheat Pasta<br>California Blend Vegetables<br>Mediterranean Blend Vegetables<br>Mixed Fruit Cup<br>Milk | <b>October 27, 2026</b><br>Fish Sandwich<br>Whole Wheat Bun<br>Broccoli<br>Roasted Potatoes<br>Honeydew Melon<br>Milk               | <b>October 28, 2026</b><br>Chickpea Rice Casserole<br>Whole Wheat Bread<br>4-Way Blend Vegetables<br>Seasoned Zucchini<br>Orange<br>Milk        | <b>October 29, 2026</b><br>Chicken Enchilada w/Red Sauce<br>Pinto Beans<br>Spinach w/Ranch<br>Tropical Fruit Cup<br>Milk                              | <b>October 30, 2026</b><br>Turkey Chili<br>Brussel Sprouts<br>Parslied Carrots<br>Applesauce Cup<br>Cornbread Muffin & Sugar Cookie<br>Milk |

Reservations must be made at least four (4) business days in advance.