

# OCTOBER 2026

## TOUCHING HEARTS LUNCH MENU

| SUNDAY                                                                                    | MONDAY                                                           | TUESDAY                                                    | WEDNESDAY                                                       | THURSDAY                                                     | FRIDAY                                                     | SATURDAY                                                                                    |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 27<br>   | 28<br>Shredded Chicken<br>w/ Roll<br>Green Beans<br>Honeydew     | 29<br>Chicken Nuggets<br>Mixed Veggies<br>Cantaloupe       | 30<br>Cowboy Cavatini<br>Mixed Veggies<br>Pineapple             | 1<br>Salisbury Steak<br>w/ Roll<br>Potatoes<br>Salad & Ranch | 2<br>Mac & Cheese<br>Peas<br>Mixed Fruit                   | 3<br>    |
| 4<br>    | 5<br>Turkey Burger<br>w/ Bun<br>Mixed Veggies<br>Honeydew        | 6<br>Pinto Beans<br>Brown Rice Pilaf<br>Corn<br>Cantaloupe | 7<br>Beef Stroganoff<br>w/ Roll<br>Salad & Ranch<br>Tangerines  | 8<br>Baked Chicken<br>w/ Roll<br>Peas<br>Pineapple           | 9<br>Turkey & Gravy<br>w/ Roll<br>Potatoes<br>Mixed Fruit  | 10                                                                                          |
| 11                                                                                        | 12<br>Chicken Salad<br>w/ Tortilla<br>Spinach Salad<br>Honeydew  | 13<br>Cheese Pizza<br>Peas<br>Cantaloupe                   | 14<br>Mac & Cheese<br>Green Beans<br>Tangerines                 | 15<br>BBQ Chicken<br>w/ Roll<br>Corn<br>Pineapple            | 16<br>Sloppy Joe<br>w/ Bun<br>Potatoes<br>Mixed Fruit      | 17<br>  |
| 18<br> | 19<br>Chicken Penne<br>w/ Marinara<br>Peas & Carrots<br>Honeydew | 20<br>Beef Chili<br>w/ Roll<br>Salad & Ranch<br>Pineapple  | 21<br>Shredded Chicken<br>w/ Roll<br>Green Beans<br>Cantaloupe  | 22<br>Turkey Sandwich<br>w/ Cheese<br>Hashbrowns<br>Corn     | 23<br>Chicken Alfredo<br>Mixed Veggies<br>Mixed Fruit      | 24                                                                                          |
| 25<br> | 26<br>Taco Burger<br>w/ Cheese<br>Potatoes<br>Honeydew           | 27<br>Chicken Alfredo<br>Salad & Ranch<br>Cantaloupe       | 28<br>Rice & Beef<br>w/ Breadstick<br>Green Beans<br>Tangerines | 29<br>Beef Meatballs<br>w/ Roll<br>Corn<br>Pineapple         | 30<br>BBQ Chicken<br>w/ Roll<br>Baked Beans<br>Mixed Fruit | 31<br> |