

THE BELLAIRE SENIOR LIVING

Month: **October, 2026**

DINNER 12:00 – 1:00

SUBSTITUTIONS: #1: Hamburger on Bun #2: Dinner Salad #3: Egg Salad Sand. #4: Macaroni & Cheese #5: Baked Chicken

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Kielbasa & Sauerkraut Fried Potatoes Corn on the Cob Fruit Cocktail	2 Hush Puppy Fish Boiled Potatoes Green Beans Peaches	3 Salisbury Steak Mashed Potatoes w/Gravy Beets Ambrosia Salad
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
4 Nat'l Taco Day Chicken Cacciatore over Rice Broccoli Blueberry Pie	5 BBQ Ribs Potato Salad Baked Beans Peaches	6 Hot Turkey Sandwich Mashed Potatoes w/Gravy Peas Fruit Cocktail	7 Chicken Alfredo over Fettuccini Noodles Broccoli Pears	8 Liver & Onions Mashed Potatoes w/Gravy Green Beans Strawberries	9 Beef Lasagna Garlic Bread California Blend Veggies Grapes	10 Italian Chicken Scalloped Potatoes Key West Blend Veggies Applesauce
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
11 Cabbage Rolls Mashed Potatoes Cauliflower Cream Pie	12 Chicken & Dumplings Carrots Mandarin Oranges	13 Baked Ham Au 'Gratin Potatoes Carrots Pears	14 Nat'l Dessert Day Beef Tips over Pasta Broccoli Orange Wedges	15 Roasted Pork Roast Mashed Potatoes w/Gravy Corn on the Cob Peaches	16 Fried Chicken Macaroni & Cheese Broccoli Applesauce	17 Sweetest Day Nat'l Pasta Day Beef Lasagna Garlic Bread Coleslaw Fruit Cocktail
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
18 Stuffed Peppers Mashed Potatoes Key West Blend Veggies Fruit Pie	19 Beef Stir Fry over Rice Broccoli Pears	20 BBQ Chicken Baked Potato Coleslaw Peaches	21 Breaded Pork Chops Sweet Potato Corn Pineapple	22 Nat'l Nut Day Chicken Paprikash Mashed Potatoes Key West Blend Veggies Mandarin Oranges	23 Soft Taco's Spanish Rice Refried Beans Applesauce	24 Nat'l Food Day Swedish Meatballs over Egg Noodles Buttered Peas Fruit Cocktail
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
25 Baked Ham Scalloped Potatoes Baked Beans Cream Pie	26 Nat'l Pumpkin Day <u>Herb Roasted Chicken Breast</u> <u>Roasted Potatoes</u> <u>Broccoli</u> <u>Pears</u>	27 Fried Chicken Mashed Potatoes Corn on the Cob Applesauce	28 Nat'l Chocolate Day Spaghetti with Meat Sauce Garlic Bread Side Salad Grapes	29 Pork Roast w/Gravy Baked Potato Baby Carrots Peaches	30 Nat'l Candy Corn Day Cabbage Rolls Mashed Potatoes Peas Mandarin Oranges	31 Halloween Baked Monster-choli Ghouly Garlic Bread Prickly Green Beans Boo-Berry Pie
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

Orange Juice

Apple Juice

Cranberry Juice

Fruit Punch/Lemonade

Iced Tea

Water

Coffee

Hot Chocolate

White Milk

Chocolate Milk

SUBJECT TO CHANGE

October Fun Fact & Observances:

October 2026 is Observed as:
Breast Cancer Awareness Month
Domestic Violence Awareness Month

Oct Birthstone:

Opal and Pink Tourmaline

October Flower:

Calendula

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Apple Juice	Water	Chocolate Milk
Cranberry Juice	Coffee	
Fruit Punch/Lemonade	Hot Chocolate	

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