



October 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM

Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD.

1st Beef and Broccoli Stir Fry* Vegetable Egg Roll (V) White Rice* Grilled Vegetable Bake (V) Cheeseburger Soup					2nd Italian Herb Grilled Chicken Balsamic Brussels Sprouts with Bacon and Cranberries* Baby Bakers Shells Florentine Mushroom Brie Bisque				
5th Chicken or Beef Soft Tacos Mexican Style Street Corn* Cilantro Rice * Garden Salsa w/ Chips* Macaroni and Cheese Italian Wedding Soup*	6th Bourbon Grilled Salmon* Rice Pilaf Fresh Vegetable Medley* Stuffed Pepper Beef Soup	7th Oven Fried Chicken* Twice Baked Cauliflower* Roasted Broccoli* Party Potatoes* Cheese Ravioli w. Marinara* Spinach Gnocchi Soup	8th Slabo's Pulled Pork w/ Coleslaw* Apple and Kale Salad* Poblano Mac n' cheese Cheryl's Meatball Soup	9th Chicken or Beef Enchilada Bake Spanish style Zucchini* Spanish Rice * Pico de Gallo * Pasta Faggioli Soup (V)					
12th Chicken Teriyaki Stir Fry* Stir fried vegetables* White Rice* Tofu Teriyaki Stir Fry Cream of Asparagus Soup (V)	13th Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham * Chili Cheeseburger Soup	14th Italian Beef* Sandwich Macaroni Salad Roasted Cauliflower* Assorted Chips Tomato Basil Soup*	15th Rustic Salmon* Garlic Mashed Potatoes Brussel Sprouts* Veggie Lasagna Butternut Squash Soup	16th Stuffed Pepper Casserole Garlic Bread* Garden Salad* Vegetarian Stuffed Pepper Casserole French Onion Soup (V)					
19th Mediterranean Chicken* Mediterranean Roasted *Vegetables or Mediterranean salad* Parslied Red Potatoes * Macaroni and Cheese White Chicken Chili	20th Build a Burrito Bowl Black Beans* Mexican Style Corn Queso* Cilantro Lime Rice* Grilled Peppers and Onions Assorted cold toppings Broccoli Cheddar Soup	21st Beef and Noodles Green Beans* Mashed Potatoes Grilled Veggie Bake (V) Cheeseburger Soup	22nd Shrimp or Chicken Alfredo* Spring Mix Salad* Steamed Broccoli * Fettuccini Noodles Cream of Asparagus Soup (V)	23rd Country Fried Steak Corn on the Cob* Mashed Potatoes w/ white Country Gravy Grilled Veggie Bake Vegetable Beef Soup					
26th Swedish Meatballs w/ Buttered Egg Noodles Mushroom Stroganoff w/ Buttered Egg Noodles Grilled Zucchini* Smokey Poblano Soup (V)	27th Orange Glazed Salmon* Green Beans* Lemon Herbed Cous-Cous Stuffed Portobello Mushrooms Tomato Basil Soup	28th Boneless Wings Fresh Veggies w/ dip* Curly Fries Macaroni and Cheese Buffalo Cauliflower* Mushroom Brie Bisque	29th Smothered Chicken Balsamic Roasted Brussels Sprouts* Roasted Sweet Potatoes * Cinnamon Apples * Stuffed Portobello Mushrooms Spinach and Gnocchi Soup	30th Ghoul-ash Spooky Caesar Salad * Garlic Bread (No vampires here!) Vegetarian Ghoul-ash* Potato (I)EEK Soup					

