



October 2025 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM
 Serving Hot Breakfast 6:30AM to 9:30 AM
 Serving Hot Lunch: 11:00 AM to 1:30 PM

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. Milk available upon request.

		1st Butter Chicken with Bell Peppers Steamed Broccoli or Mediterranean Cucumber Salad Basmati Rice Eggplant Parmesan Chicken Tortilla Soup	2nd Pecan Crusted Pork Loin Roasted Parmesan Cauliflower Roasted Sweet Potatoes Cooked Cinnamon Apples Beef and Barley Soup	3rd Chicken and Broccoli Stir Fry Vegetable Egg Roll (V) White Rice or Yakisoba Noodles Grilled Vegetable Bake (V) Cheeseburger Soup
6th Italian Herb Grilled Chicken Balsamic Brussels Sprouts with Bacon and Cranberries Baby Bakers Shells Florentine Mushroom Brie Bisque	7th Chicken or Beef Soft Tacos Mexican Style Street Corn Cilantro Rice Garden Salsa w/ Chips Macaroni and Cheese Italian Wedding Soup	8th Meatloaf Peas Mashed Potatoes Smokey Poblano Soup (V) Veggie Tower	9th Oven Fried Chicken Twice Baked Cauliflower Party Potatoes Cheese Ravioli w. Marinara Spinach Gnocchi Soup	10th Sweet Mother of Cod Asparagus Rice Pilaf Potato Soup
13th Slabo's Pulled Pork w/ Coleslaw Apple and Kale Salad Poblano Mac n' cheese Buffalo Cauliflower Cheryl's Meatball Soup	14th Loaded Baked Potato Bar With Assorted Toppings Macaroni and Cheese Chicken and Rice Soup	15th Chicken or Beef Enchilada Bake Spanish style Zucchini Spanish Rice Pico de Gallo Pasta Faggioli Soup (V)	16th Chicken Teriyaki Stir Fry Stir fried vegetables White Rice Tofu Teriyaki Stir Fry Cream of Asparagus Soup (V)	17th Rustic Salmon Garlic Mashed Potatoes Brussel Sprouts Veggie Lasagna Butternut Squash Soup
20th Stuffed Pepper Casserole Garlic Bread or Gluten Free Rolls Garden Salad Vegetarian Stuffed Pepper Casserole French Onion Soup (V)	21st Build a Burrito Bowl Black Beans Mexican Style Corn Queso Cilantro Lime Rice Grilled Peppers and Onions Assorted cold toppings Broccoli Cheddar Soup	22nd Mediterranean Chicken Mediterranean Roasted Vegetables or Mediterranean salad Parslied Red Potatoes Macaroni and Cheese White Chicken Chili	23rd Beef and Noodles Green Beans Mashed Potatoes Grilled Veggie Bake (V) Cheeseburger Soup	24th Shrimp or Chicken Alfredo Spring Mix Salad Steamed Broccoli Fettuccini Noodles Cream of Asparagus Soup (V)
27th Stuffed Chicken Breast Roasted Vegetable Medley Roasted Potato Medley Shells Florentine Spinach and Gnocchi Soup	28th Country Fried Steak Corn on the Cob Mashed Potatoes w/ white Country Gravy Grilled Veggie Bake Vegetable Beef Soup	29th Swedish Meatballs w/ Buttered Egg Noodles Mushroom Stroganoff w/ Buttered Egg Noodles Grilled Zucchini Smokey Poblano Soup (V)	30th Orange Glazed Salmon Green Beans Lemon Herbed Cous-Cous Stuffed Portobello Mushrooms Tomato Basil Soup	31st Ghoul-ash Spooky Caesar Salad Garlic Bread (No vampires here!) Macaroni and Cheese Vegetarian Ghoul-ash Potato EEK Soup

