

Spring Assisted Living  
OCTOBER 2025 MENU

Menu  
subject to change  
without prior notice.  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MENU ALTERNATIVES</b>  Ham, Turkey Peanut Butter Jelly or Grilled Cheese Sandwich Cold Veggie Plate w/Dressing Tuna or Green Salad Cheese Quesadilla Oven Chicken Breast, Ham	<b>October Monthly Celebrations to Note...</b>  01 Int'l Coffee Day 04 Nat'l Taco Day 05 World Teacher Day 06 Nat'l Mad Hatter Day 07 Nat'l Flower Day 09 Curious Events Day 12 World Arthritis Day 13 Nat'l Train Your Brain Day 14 Indigenous People Day 15 Nat'l I Love Lucy Day 16 Nat'l Boss's Day  17 Nat'l Pasta Day 18 Nat'l Chocolate Cupcake Day 19 Nat'l New Friends Day 21 Celebration of the Mind Day 22 Nat'l Color Day 22 Clean Up the Earth Day 26 Nat'l Pumpkin Day 27 Nat'l Black Cat Day 28 Nat'l Chocolate Day 30 Pumpkin Bread Day 31 Nat'l Magic Day		<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cheese Cinnamon Toast <b>LUNCH</b> Baked Chicken, Bowtie Pasta Di Aglio Parsley, Carrots, Roll Bananas Foster Cake <b>DINNER</b> BBQ Pork Rib, Boston Baked Beans Seasoned Greens, Diced Pears <b>YOM KIPPUR (BEGINS AT SUNDOWN)</b>	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Biscuit, Gravy <b>LUNCH</b> Beef Tips, Gravy Garlic Mashed Potatoes Seasoned Green Beans, Roll Fresh Fruit <b>DINNER</b> Tomato Soup Grilled Cheese Sandwich Baked Thin French Fries Fresh Baked Cookie	<b>BREAKFAST</b> Hot or Cold Cereal Breakfast Ham Slice, Pancakes <b>LUNCH</b> Crunchy Fish, Penne Broccoli Salad, Roll Blonde Brownie <b>DINNER</b> Chili, Cornbread Buttered Corn Pineapple, Mandarin Oranges	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Coffee Cake <b>LUNCH</b> Fried Chicken, Mashed Potatoes Mixed Vegetables, Cornbread Margarita Cake <b>DINNER</b> Tuna Salad Sandwich Potato Chips, Lettuce, Tomato Slices Banana Pudding
<b>BREAKFAST</b> Hot or Cold Cereal, Bacon Egg of the Bacon, Toast, Jelly <b>LUNCH</b> Cherry Glazed Pork Roast Mashed Potatoes Italian Blend Vegetables, Roll Fresh Baked Cookie <b>DINNER</b> Black Bean Tortilla Casserole Mexicali Corn, Roll Rosy Applesauce	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Biscuit, Jelly <b>LUNCH</b> Mexican Chicken w/Rice Mixed Vegetables, Roll Brownie <b>DINNER</b> Beef Stew, Potatoes Seasoned Peas, Biscuit Seasonal Fresh Fruit	<b>BREAKFAST</b> Hot or Cold Cereal BRK Omelet, Muffin <b>LUNCH</b> Herbed Meatloaf, Au Gratin Potatoes Roasted Cauliflower, Biscuit Chocolate Pudding <b>DINNER</b> Chicken Tenders, Tater Tots Steamed Cabbage, Roll Pineapple Tidbits, Cherry	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Pancakes, Syrup <b>LUNCH</b> Seasoned Beans, Ham Skillet Fried Potatoes Seasoned Greens, Cornbread Caramel Baked Apple <b>DINNER</b> Cheese Ravioli, Marinara Sauce Blended Vegetables, Bread Stick Frosted Cake	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Coffee Cake <b>LUNCH</b> Chicken Enchiladas, Refried Beans Shredded Lettuce, Tomato Vanilla Pudding <b>DINNER</b> Teriyaki Steak Steamed Rice, Broccoli Peaches <b>PATRIOT DAY</b>	<b>BREAKFAST</b> Hot or Cold Cereal Breakfast Ham Slice, Waffle, Syrup <b>LUNCH</b> Krabby Cake, Cheesy Diced Potatoes Parsley, Carrots, Roll Iced Brownie <b>DINNER</b> Chicken Alfredo Penne Roasted Brussel Sprouts Winter Fruit Cup	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cheese, Biscuit, Jelly <b>LUNCH</b> Roast Turkey, Mashed Potatoes, Gravy Seasoned Green Beans, Roll Powdered Donut Holes <b>DINNER</b> Beef Macaroni Casserole Buttered Corn, Bread Stick Banana Gelatin
<b>BREAKFAST</b> Hot or Cold Cereal BRK Omelet, Bacon, Cinnamon Toast <b>LUNCH</b> Fried Chicken, Mashed Potatoes, Gravy Italian Blend Vegetables, Biscuit Frosted Spice Cake <b>DINNER</b> Hamburger, Tater Tots Lettuce, Tomato, Pickle Banana, Mandarin, Oranges	<b>BREAKFAST</b> Hot or Cold Cereal, Sausage Patty, Scrambled Egg Biscuit, Jelly <b>LUNCH</b> Apricot Glazed Pork Loin Herbed Rice, Mixed Vegetables, Roll Peachy Orange Fluff <b>DINNER</b> Baked Ziti, Roasted Cauliflower Bread Stick, Blonde Brownie <b>COLUMBUS DAY</b>	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Pancakes, Syrup <b>LUNCH</b> Roast Beef, Gravy Baked Potato Half, Sour Cream Seasoned Green Beans, Roll Chocolate Frosted Yellow Cake <b>DINNER</b> Green Chili Chicken, Savory Rice Buttered Carrots, Bread Stick Diced Pears	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cheese, Toast, Jelly <b>LUNCH</b> Baked Ham, Seasoned Beans Steamed Cabbage, Cornbread Banana Gelatin <b>DINNER</b> Hamburger Steak, Gravy Mashed Potatoes, Seasoned Peas, Roll Snickerdoodle	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Waffle, Syrup <b>LUNCH</b> Chicken Stroganoff Penne California Blended Vegetables Biscuit, Key Lime Bar <b>DINNER</b> Tomato Sou, Grilled Cheese Sandwich Baked Thin French Fries Fresh Fruit	<b>BREAKFAST</b> Hot or Cold Cereal BRK Omelet, English Omelet <b>LUNCH</b> Basil Baked Fish, Skillet Fried Potatoes Parsley, Carrots, Roll Pudding <b>DINNER</b> BBQ Pork Rib, Macaroni & Cheese Baked Tomato Half Cornbread, Winter Fruit Cup	<b>BREAKFAST</b> Hot or Cold Cereal Breakfast Ham Slice, Biscuit, Jelly <b>LUNCH</b> Penne w/Meat Sauce Seasoned Green Beans Garlic Bread Stick Pumpkin Cake, Chocolate <b>DINNER</b> Chicken Tenders, Boston Baked Beans Creamy Coleslaw, Biscuit Peaches
<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Toast, Jelly <b>LUNCH</b> Pork Roast, Pineapple Sauce Baked Sweet Potato Roasted Brussel Sprouts, Biscuit Lemon Chess Pie <b>DINNER</b> Hot Dog, Cheese Baked Thin French Fries Buttered Corn, Diced Pears	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Pancakes, Syrup <b>LUNCH</b> Roast Turkey, Mashed Potatoes, Gravy Mixed Vegetables, Roll Ice Cream <b>DINNER</b> Pork Adobo Steamed Rice, Broccoli Pineapple Tidbits	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cheese, English Muffin <b>LUNCH</b> Meatloaf, Au Gratin Potatoes Green Beans, Roll Butter Bars <b>DINNER</b> Chicken & Rice Casserole Parsely, Carrots Banana, Mandarin, Oranges	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Biscuit, Gravy <b>LUNCH</b> Stir Fry Chicken Steamed Rice, Seasoned Peas Cinnamon Sugar Donut Holes <b>DINNER</b> Chicle Rellano Casserole, Refried Beans Shredded Lettuce, Tomato Winter Fruit Cup	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Bacon, Muffin <b>LUNCH</b> Lasagna, Italian Blend Vegetables Garlic Bread Stick Key Lime Cake <b>DINNER</b> Chicken Dumplings, Biscuit California Blend Vegetables Peaches	<b>BREAKFAST</b> Hot or Cold Cereal BRK Omelet, Biscuit, Jelly <b>LUNCH</b> Potato Crusted Fish, Rice Pilaf Seasoned Greens, Roll Frosted Chocolate Cake <b>DINNER</b> BBQ Pork, Bun Boston Baked Beans, Coleslaw Winter Fruit Cup	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cinnamon Toast <b>LUNCH</b> Pot Roast, Gravy Buttered New Potatoes Buttered Carrots, Roll Fresh Baked Cookie <b>DINNER</b> Chicken Pozole, Mexicali Corn Tortilla Apple Sauce
<b>BREAKFAST</b> Hot or Cold Cereal, Bacon Scrambled Egg, Hash Browns <b>LUNCH</b> Orange Glazed Chicken Savory Rice, Roll California Blend Vegetables Snickerdoodle <b>DINNER</b> Pork Roast, Gravy, Biscuit Red Bliss Potatoes, Mixed Vegetables Banana, Mandarin, Oranges	<b>BREAKFAST</b> Hot or Cold Cereal BRK Omelet, Muffin <b>LUNCH</b> Penne w/Meat Sauce Seasoned Green Beans Garlic Bread Stick Frosted Chocolate Cake <b>DINNER</b> Cheese Enchiladas, Refried Beans Shredded Lettuce, Tomato Seasonal Fresh Fruit	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Biscuit, Jelly <b>LUNCH</b> Baked Ham, Whipped Sweet Potatoes Italian Blend Vegetables, Cornbread Gelatin Jewels <b>DINNER</b> Hot Beef Sandwich, Tater Tots Roasted Cauliflower Baked Apple	<b>BREAKFAST</b> Hot or Cold Cereal Scrambled Egg, Cheese Cinnamon Toast <b>LUNCH</b> Baked Chicken, Bowtie Pasta Di Aglio Parsley, Carrots, Roll Bananas Foster Cake <b>DINNER</b> BBQ Pork Rib, Boston Baked Beans Seasoned Greens Diced Pears	<b>BREAKFAST</b> Hot or Cold Cereal Sausage Patty, Biscuit, Gravy <b>LUNCH</b> Beef Tips, Gravy Garlic Mashed Potatoes Seasoned Green Beans, Roll Fresh Fruit <b>DINNER</b> Tomato Soup Grilled Cheese Sandwich Baked Thin French Fries Fresh Baked Cookie	<b>BREAKFAST</b> Hot or Cold Cereal Breakfast Ham Slice, Pancakes <b>LUNCH</b> Crunchy Fish, Penne Broccoli Salad, Roll Blonde Brownie <b>DINNER</b> Chili, Cornbread, Buttered Corn Pineapple, Mandarin Oranges <b>HALLOWEEN</b>	<b>BEVERAGES</b> Apple Juice Orange Juice Prune Juice Coffee (mornings) Hot Tea Hot Chocolate Milk 2% Water  <b>BREAKFAST MADE TO ORDER</b> Eggs Your Way Sausage or Bacon Toast Pancake or French Toast Oatmeal Cream of Wheat Cold Cereal