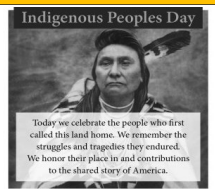
October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Make your reservation on Copilot 2 days before you plan to join us (unless indicated otherwise) using the QR code and entering your email address and Copilot barcode letters and numbers as the password or call 717-225-0733 ext. 105. See a staff member with questions.	SCAN ME	**1** Chicken Salad Sandwich (1/2c) Macaroni Salad (1/2c) Fresh Apple Very Veggie Juice Lettuce/Tomato 2 WG Bread Slices Milk NEW ITEM	**2** Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2c) Pineapple Tidbits (1/2c) Sunrise Orange Juice WG English Muffin Milk
5 Meatloaf w/Gravy (2oz) Mashed Potatoes (1/2c) Sweet Peas (1/2c) WG Dinner Roll Milk/Margarine	**6** BBQ Pork Rib Sandwich Potato Au Gratin (1/2c) Seasoned Sweet Corn (1/2c) Fruit Medley (1/2c) WG Hamburger Bun Milk	**7** Veggie Lasagna Roll-Up in Cream Sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk NEW ITEM	**8** Grilled Chicken Salad Tomato Cucucumber Salad (1/2c) Fresh Orange Chocolate Chip Cookie Dressing Packet WG Dinner Roll Milk/Margarine	**9** Krabby Cake Rice Pilaf (1/2c) Sweet Potato Casserole (1/2c) Diced Beets (1/2c) Milk NEW ITEM
12 	**13** Crispy Fish Sandwich Creamy Tomato Soup Peas & Carrots (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk	**14** Sweedish Meatballs (4) in Cream Sauce Buttered Pasta (1/2c) Seasoned Green Beans (1/2c) Pineapple Tidbits (1/2c) Milk	**15** Turkey & Cheese Hoagie Potato Salad (1/2c) Fresh Banana Lettuce/Tomato WG Hot Dog Bun Milk/Mayo	**16** Beefaroni (1c) Seasoned Sweet Corn (1/2c) Mandarin Oranges (1/2c) WG Dinner Roll Milk/Margarine
19 Roast Beef (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Mixed Veggies (1/2c) WG Dinner Roll Milk/Margarine	**20** Center Closed for Annual Staff Training 	**21** Macaroni & Cheese (1c) Steamed Carrot Coins (1/2c) Stewed Tomatoes (1/2c) Raisins (1/2c) Milk	**22** Taco Salad Brown Rice (1/2c) Black Beans (1/2c) Very Veggie Juice Chocolate Chip Cookie Dressing Packet Milk	**23** Sloppy Joe Seasoned Green Beans (1/2c) Scalloped Potatoes (1/2c) WG Hamburger Bun Milk
26 Cheese Omelet Breakfast Poatoes w/Onions (1/2c) Warm Apple Compote (1/2c) Sunrise Orange Juice WG English Muffin Milk	**27** Stadium Hot Dog Sauerkraut (2oz) Creamy Potato Soup Winter Squash (1/2c) WG Hot Dog Bun Milk	**28** Pizza Pasta Bake (1c) Creamed Spinach (1/2c) Mandarin Oranges (1/2c) Milk/Margarine	**29** Tuna Salad Sandwich Pepper Cabbage (1/2c) Fresh Orange Lettuce/Tomato 2 WG Bread Slices Milk	**30** Sweet & Sour Chicken (3/4c) Brown Rice (1/2c) Broccoli Salad (1/2c) Applesauce (1/2c) Milk