

CARSON 2026
October Menu

Menu subject
to change
Lic#: 198204950



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MENU ALTERNATIVES The following are alternative meals for Lunch or Dinner. 1. Ham or Turkey Sandwich 2. Fruit Salad w/Cottage Cheese 3. Cold Veggie Plate w/Dressing 4. Cheese Omelet w/Toast 5. Grilled Cheese Sandwich 6. Peanut Butter & Jelly Sandwich	THE MONTH OF OCTOBER IS... American Cheese Month Black History Month Breast Cancer Awareness Month (Pink Awareness) Country Music Month Eat Better, Eat Together Month Emotional Wellness Month Healthy Lung Month Italian-American Heritage Month Long-Term Care Planning Month National Book Month National Chili Month National Cookie Month National Dessert Month National Pasta Month National Physical Therapy Month National Pizza Month National Pretzel Month Positive Attitude Month Scary Movie Month Vegetarian Month World Hunger Awareness Month		Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Jun or Michael know 3 hours before meal time.	BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea	BREAKFAST Hot & Cold Cereal Seasoned Diced Potato, Bacon Diced Honeydew Melon LUNCH Chicken Adobo Rice, Mixed Vegetables Egg Custard DINNER Turkey Tetrazzini, Dinner Roll Garden Salad w/Caesar Dressing Muffin	BREAKFAST Hot & Cold Cereal Biscuit & Gravy Bacon, Sausage, Sliced Peaches LUNCH Beef Tacos w/Corn Shell Rice, Lettuce Baked Beans, Ice Cream DINNER Penne Pasta w/ Meat Balls Mushroom Sauce, Cookies	BREAKFAST Hot & Cold Cereal Toast, Fried Egg, Hash Browns Bacon, Diced Peaches LUNCH Salisbury Steak, Mashed Potatoes Mixed Vegetables, Jello DINNER Chicken Enchiladas w/Green Sauce Lettuce, Rice, Corn Chocoate Pudding
BREAKFAST Hot & Cold Cereal French Toast, Sausage Link Orange Slice LUNCH BBQ Pork Patty Mashed Potato, Cole Slaw Pistachio Pudding DINNER Chili Dogs w/Cheese & Onions Potato Salad, Fruit Mix	BREAKFAST Hot & Cold Cereal Potato Pancake, White Gravy Bacon, Banana LUNCH Meat Lasagna, Dinner Roll Garden Salad, French Dressing Orange Cake DINNER Cheeseburger w/Lettuce, Tomato Baked Beans, Bread Pudding	BREAKFAST Hot & Cold Cereal Pork Sausage Patty, Hash Browns Scrambled Eggs, Toast, Fruit LUNCH Baked Chicken w/Chicken Gravy Mashed Potatoes, Cauliflower Tapioca Pudding Dinner Creamy Turkey Casserole Garden Salad, Garlic Bread, Cookies	BREAKFAST Hot & Cold Cereal Banana Pancake, Bacon Diced Pears LUNCH Pork Stew Over Rice Broccoli Ice Cream DINNER Chicken Pot Pie Mixed Vegetables, Roll Banana Pudding	BREAKFAST Hot & Cold Cereal Waffles w/Strawberries, Sausage Diced Peaches LUNCH Teriyaki Meat Balls Rice Mix, Vegetables Muffin DINNER Sloppy Joe on a Bun Macaroni Salad, Cookies	BREAKFAST Hot & Cold Cereal Biscuit & Gravy, Bacon Sausage, Banana LUNCH Chicken Fajitas, Corn Tortillas Spanish Rice, Pinto Beans, Ice Cream DINNER Italian Sausage Casserole Garlic Bread, Mixed Vegetables Pistachio Pudding	BREAKFAST Hot & Cold Cereal Toast, Cheese Omelet, Hash Browns LUNCH Egg Fried Rice, Vegetable Egg Roll Sweet & Sour Sauce, Jello DINNER Chicken Sandwich Cheese, Lettuce, Potato Chips Green Salad, Ranch Dressing Peach Cobbler	
BREAKFAST Hot & Cold Cereal Pancakes, Bacon Slice, Peaches LUNCH BBQ Pork Patty Mashed Potato, Corn Banana Cream Pie DINNER Cheese Enchiladas w/Green Sauce Lettuce, Rice Jello	COLUMBUS DAY BREAKFAST Hot & Cold Cereal Vegetable Quiche, Sausage Link Toast, Hash Browns, Orange Slices LUNCH Cheeseburger w/Lettuce & Tomato Baked Beans, Jello DINNER Turkey Tetrazzini Garlic Bread, Mixed Vegetables Yellow Cake	BREAKFAST Hot & Cold Cereal Seasoned Diced Potatoes Sausage Patty, Scrambled Eggs Diced Honey Dew LUNCH Teriyaki Chicken over Rice Broccoli, Chocolate Pudding DINNER Ham Sandwich Lettuce & Tomato Macaroni Salad Peach Cobbler	BREAKFAST Hot & Cold Cereal Blueberry Pancake, Bacon Honey Dew LUNCH Pork Stew Over Rice Broccoli Ice Cream DINNER Grilled Bologna Sandwich w/ Cheese, Lettuce, Tomato Potato Salad, White Cake	BREAKFAST Hot & Cold Cereal Waffles w/Strawberries Pork Sausage Link, Diced Peaches LUNCH Beef Tacos w/Cheese Tomato, Onion, Rice Banana Pudding DINNER Chicken Stew, Rice Cali Blend Vegetables Apple Cobbler	BREAKFAST Hot & Cold Cereal Potato Pancake, Bacon, Sausage Link Toast, Diced Honeydew Melon LUNCH Beef Fajitas w/Tortilla Spanish Rice, Pinto Beans, Ice Cream DINNER Beef Ravioli w/Cheese Garlic Bread, Mixed Vegetables Blueberry Muffin	BREAKFAST Hot & Cold Cereal Toast, Fried Egg, Hash Browns Sausage Links, Cantaloupe LUNCH Grilled Cheese Sandwich Macaroni Salad, Ice Cream DINNER Salisbury Steak Mushroom Gravy Rice Cauliflower Jello	
BREAKFAST Hot & Cold Cereal Pancakes, Bacon Slice, Peaches LUNCH Chicken Broccoli Stir Fry Rice, Ice Cream DINNER Spaghetti w/Meat Sauce Garlic Bread, Mixed Vegetables Egg Custard	BREAKFAST Hot & Cold Cereal Corned Beef Hash Scrambled Egg, Toast Diced Honeydew Melon LUNCH Cheeseburger, Lettuce, Tomato Baked Beans, Jello DINNER Chicken Pot Pie, Dinner Roll Caesar Salad, Blueberry Tart	BREAKFAST Hot & Cold Cereal Bacon, Waffle w/Blueberries Diced Peaches LUNCH Beef Tacos w/Cheese, Tomato, Onions, Rice, Banana Pudding DINNER Italian Sausage Casserole, Garden Salad, French Dressing, Muffin	BREAKFAST Hot & Cold Cereal Banana Pancake Pork Sausage, Fruit LUNCH Pulled Pork BBQ, Cole Slaw Mac & Cheese, Ice Cream DINNER Grilled Bologna Sandwich w/Lettuce, Cheese, Tomato Potato Salad Banana Pudding	BREAKFAST Hot & Cold Cereal Pork Sausage Patty Scrambled Eggs, Toast, Diced Pears LUNCH Chicken Teriyaki over Rice Cali Blend Vegetables, Jello DINNER Beef Ravioli w/Cheese Mixed Vegetables Chocolate Cookies	BREAKFAST Hot & Cold Cereal Biscuit & Gravy, Pork Sausage Link Diced Honeydew Melon LUNCH Baked Fish Sauce w/Tartar Sauce Roasted Potatoes, Coleslaw Ice Cream DINNER Turkey Casserole Garlic Bread, Mixed Vegetables Bread Pudding	BREAKFAST Hot & Cold Cereal Cheese Omelet Hash Browns Toast, Sliced Oranges LUNCH Egg Fried Rice, Chicken Egg Roll w/Sweet & Sour Sauce Chocolate Cake DINNER Spaghetti w/Meat Sauce Garlic Bread, Green Salad Thousand Island Dressing, Cookies	
BREAKFAST Hot & Cold Cereal Pancakes, Bacon, Diced Pears LUNCH Grilled Cheese Sandwich Green Salad w/Ranch Dressing Macaroni Salad, Jello DINNER Chicken Enchiladas w/Lettuce, Green Sauce Rice, Yellow Cake	BREAKFAST Hot & Cold Cereal Spinach Scrambled Eggs Toast, Hash Browns, Sausage Sliced Oranges LUNCH Cheeseburger w/Lettuce, Tomato Baked Beans, Vanilla Pudding DINNER Chicken with Pineapples Mashed Potatoes, Spinach Orange Cake	BREAKFAST Hot & Cold Cereal, Bacon, Peaches Waffle w/Sliced Strawberries LUNCH Pork Stew Over Rice Cali Blend Ice Cream DINNER Sloppy Joe on a Bun Macaroni Salad, Egg Custard	BREAKFAST Hot & Cold Cereal Blueberry Pancakes Sausage Link, Banana LUNCH Beef Picadillo Rice Cauliflower, White Cake DINNER Egg Salad Sandwich Chicken Caesar Salad, Jello	BREAKFAST Hot & Cold Cereal Seasoned Diced Potato, Bacon Diced Honeydew Melon LUNCH Chicken Adobo Rice, Mixed Vegetables Egg Custard DINNER Turkey Tetrazzini, Dinner Roll Garden Salad w/Caesar Dressing Muffin	BREAKFAST Hot & Cold Cereal Biscuit & Gravy Bacon, Sausage, Sliced Peaches LUNCH Beef Tacos w/Corn Shell Rice, Lettuce Baked Beans, Ice Cream DINNER Penne Pasta w/ Meat Balls Mushroom Sauce, Cookies	HALLOWEEN BREAKFAST Hot & Cold Cereal Toast, Fried Egg, Hash Browns Bacon, Diced Peaches LUNCH Salisbury Steak, Mashed Potatoes Mixed Vegetables, Jello DINNER Chicken Enchiladas w/Green Sauce Lettuce, Rice, Corn Chocoate Pudding	