

Melrose – L&M Cafe- Senior Home Delivered Meals – October 2026 Menu

<i>Milk is served with every meal & is part of the daily required nutrition plan.</i>	<i>**All Menus are subject to change**</i>		Thu 1 Fish Garlic Potatoes Beets Fruit	Fri 2
Mon 5 Broasted Chicken Mashed Potatoes Summer Blend Veg Fruit	Tue 6 Lasagna French Beans Garlic Toast Fruit	Wed 7 Cube Beef Steak Mashed Potatoes Cooked Cabbage Fruit	Thu 8 Fish Scalloped Potatoes Squash Coleslaw Fruit	Fri 9
Mon 12 Broasted Chicken Mashed Potatoes Broccoli Gelatin w/Fruit	Tue 13 Salmon Loaf Cream Potatoes Peas Fruit	Wed 14 Beef Stew w/Peas, Potatoes, Carrots, Rutabagas, Celery Over Biscuit Fruit	Thu 15 Fish Garlic Potatoes Squash Mixed Fruit 3 Bean Salad	Fri 16
Mon 19 Chicken Noodle Hotdish with Peas And Carrots Gelatin w/Fruit	Tue 20 Meatloaf Scalloped Potatoes Stewed Tomatoes Fruit	Wed 21 Roast Beef Mashed Potatoes Broccoli Fruit	Thu 22 Fish Mixed Fruit Boiled Potatoes 3 Bean Salad Calif. Blend Veg	Fri 23
Mon 26 Broasted Chicken Mashed Potatoes Broccoli Gelatin w/Fruit	Tue 27 Sausage Scrambled Eggs Potato Pancake Tomato Juice Fruit	Wed 28 Roast Pork Mashed Potatoes Cooked Cabbage Fruit	Thu 29 Fish Cream Potatoes Beets Fruit 3 Bean Salad	Fri 30