

Lunch Menu

OCTOBER 2025



TUESDAY

WEDNESDAY

THURSDAY

Gates Recreation & Parks is providing lunches for the members of our community that are 60 years of age or older. **Lunch is served at 11:30 am.** All meals served with milk - soup served with crackers. Lunch must be preordered 10 days ahead of time by calling 429-8289 or by signing up in the annex or Recreation & Parks office. If you are not pre-registered, lunch will be available on a first come, first serve basis. The suggested contribution for lunch is \$3.50.

*Certified by
Michelle Koch Blood, RD
- 9/5/2025*

30
**Chicken Parmesan
with Penne Pasta
Salad with Italian
Dressing
Fresh Banana**

1
**Roast Beef
with Gravy
Mashed Potatoes
Green Beans
Dinner Roll with
Butter
Fresh Orange**

2
**BBQ Pulled Pork
on a Bun
Roasted Potatoes
Corn Cobette
Mandarin Cup**

7
**Tomato Florentine
Soup
Broccoli and Cheese
Quiche**

8
**Fried Chicken on a
Bun
with Swiss and
Honey Mustard
Zucchini
Peaches**

9
**Cobb Salad
with Chicken, Egg,
Cheddar, and Ranch
Dressing
Dinner Roll with
Butter
Ice Cream**

14
**Chicken Salad
Sandwich on a Bun
Salad with Italian
Dressing
Peach Cup
Eclairs**

15
**Pork Fajita Bowl with
rice, black beans,
peppers, onions, and
cheddar
Salsa Cup
Tortilla Chips
Banana**

16
**Meatloaf
with Gravy
Mashed Potatoes
Breadstick
Green Beans
Mixed Fruit Cup**

21
**Shredded Beef BBQ
on a Bun
Roasted Potatoes
Carrots
Pear Cup**

22
**Split Pea Soup
Grilled Chicken over
Salad**

23
**Macaroni and Cheese
Stewed Tomatoes
Fresh Apple
Jello Cup**

28
**Tuna Pasta Salad
Broccoli
Dinner Roll
with butter
Mixed Fruit Cup
Banana**

29
**Philly Cheesesteak
Sub Roll
With Peppers,
Onions, and
Mushrooms
Green Beans
Jello Cup**

30
**Vegetable Soup
Ham and
Cheese Quiche**




**Due to congregate
meal requirements,
we are unable to
avoid allergens and
cross-contact may
be present.**

This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



“No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.”