

Lunch Menu

OCTOBER 2026



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 11:30am.** All meals served with milk (1% or fat free chocolate) and fortified juice - 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, R.D. - 9/5/2025



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



6 Tomato Florentine Soup Spinach Quiche Italian Blend Vegetables Chocolate Marble Ice Cream Cup	7 Chicken Patty On a Bun with Honey Mustard and Swiss Cheese Roasted Potatoes Carrots Peach Cup	8 BBQ Pulled Pork on a Bun Cole Slaw Spinach Fresh Apple Jello Cup	NO ORDERS for this week after 9/24
13 Pub Burger on a Bun with Cheese, Lettuce, and Tomato Roasted Potatoes Carrots Mixed Fruit Cup	14 Sloppy Joe on a Bun Peas & Carrots Mixed Fruit Cup Ice Cream Cup	15 Chicken Fajita with sour cream Chuckwagon Corn Fresh Banana	NO ORDERS for this week after 10/1
20 Chicken ala King over Egg Noodles Green Beans Fresh Kiwi	21 Split Pea Soup Ham and Cheese on a Bun with Mayo Butternut Squash Pineapple Cup	22 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	NO ORDERS for this week after 10/8
27 Vegetable Soup Chicken Breast on a Bun Mixed Fruit Cup Brownie	28 Chicken Breast over Pasta Alfredo Broccoli Fresh Orange	29 Meatloaf with Gravy Mashed Potatoes Prince William Vegetables Pear Cup Cream Puffs	NO ORDERS for this week after 10/15

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.”