



October 2025 Traditional Congregate Title III Menu

Totals Include 105mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Chicken Pot Pie w/Whole Grain Buttermilk Biscuit Broccoli Pudding Margarine	215 370 38 130 30	2	Meatballs & Marinara (Beef & Chicken) w/ Parm Whole Grain Pasta Cream of Broccoli Soup Wheat Roll Fruit Margarine	605 4 70 150 0 30	3	Maple-Bacon Glazed Chicken Thigh Butternut Squash Green Peas Wheat Dinner Roll Fruit Margarine	220 12 20 150 0 30		
				Cal:826 CHO:80g Na:888mg		888	Cal:758 CHO:91g Na:964mg		964	Cal:862 CHO:117g Na:539mg		537		
6	Braised Beef & Vegetables Polenta Mixed Root Vegetables Combread Loaf Pudding Margarine	NA± 155 15 65 180 130 30	7	Creamy Cajun Shrimp White Rice Chicken Orzo Soup Wheat Bread Fruit Margarine	NA± 535 25 105 65 1 30	8	Holiday Meal Chicken in Sage Cream Sauce w/ Pumpkin & Cheese Ravioli Broccoli Dinner Roll Cinnamon Swirl Margarine	NA± 470 190 38 100 105 30	9	Meatloaf w/ Gravy Garlic Mashed Potatoes Curried Butternut Squash Soup Wheat Roll Fruit Margarine	NA± 545 22 105 150 0 30	10	Pork with Mustard Wine Sauce Baked Sweet Potato Brussel Sprouts Hawaiian Roll Fruit Margarine	NA± 285 21 26 80 5 30
Cal:763 CHO:96g Na:680mg		680	Cal:809 CHO:105g Na:866mg		866	Cal:1096 CHO:134g Na:1038mg		1038	Cal:770 CHO:96g Na:957mg		957	Cal:723 CHO:72g Na:552mg		552
13	Holiday - No Meals		14	Chicken Anna Maria Roasted Potatoes Beef & Barley Soup Dinner Roll Pound Cake Margarine	NA± 468 85 135 100 240 30	15	Shepherd's Pie w/ Mashed Potatoes, Corn & Peas Green Beans Dinner Roll Fruit Margarine	NA± 313 - 20 100 1 30	16	White Fish Florentine Rice Pilaf Wild Rice & Turkey Soup Wheat Dinner Roll Pudding Margarine	NA± 267 50 140 150 130 30	17	Cheese Lasagna w/ Turkey Bolognese California Blend Vegetables Wheat Bread Fruit Margarine	NA± 390 190 34 65 0 30
			Cal:860 CHO:100g Na:1163mg		1163	Cal:813 CHO:96g Na:569mg		569	Cal:714 CHO:98g Na:872mg		872	Cal:788 CHO:90g Na:814mg		814
20	Cheesy Chicken Casserole Seasoned Rice Broccoli Dinner Roll Pudding Margarine	NA± 555 25 38 100 130 30	21	Beef Stroganoff Egg Noodles Split Pea Soup Wheat Roll Fruit Margarine	NA± 185 7 55 150 0 30	22	Maple Glazed Salmon Cranberry & Herb Couscous Brussel Sprouts Wheat Roll Apple Bites Margarine	NA± 90 89 26 150 140 30	23	Roast Turkey & Gravy Mashed Potatoes Carrot Ginger Soup Combread Loaf Fruit Margarine	NA± 400 22 155 180 1 30	24	Cheese Tortellini w/ Chicken & Lemon Ricotta Parmesan Sauce Vegetable Medley Wheat Roll Fruit Margarine	NA± 175 332 54 150 0 30
Cal:917 CHO:65g Na:983mg		983	Cal:758 CHO:96g Na:532mg		532	Cal:997 CHO:131g Na:630mg		630	Cal:762 CHO:98g Na:893mg		893	Cal:780 CHO:79g Na:846mg		846
27	Pot Roast w/ Gravy Garlic Mashed Potatoes Carrots Dinner Roll Pudding Margarine	NA± 590 22 56 100 130 30	28	American Chop Suey (Turkey) Whole Grain Pasta New England Clam Chowder Wheat Bread Fruit Margarine	NA± 220 4 350 65 0 30	29	Pork with Apple Chutney Polenta Mixed Root Vegetables Combread Loaf Fruit Margarine	NA± 85 15 65 180 1 30	30	Tuscan White Fish Mashed Potatoes Wild Rice & Vegetable Soup Wheat Roll Fig Newton Margarine	NA± 413 22 140 150 180 30	31	Chicken & White Bean Chili w/ Shredded Cheese Green Beans & Red Peppers Whole Grain Buttermilk Biscuit Fruit Margarine	NA± 260 95 20 370 0 30
Cal:634 CHO:78g Na:1033mg		1033	Cal:915 CHO:93g Na:774mg		774	Cal:935 CHO:124g Na:481mg		481	Cal:840 CHO:119g Na:1040mg		1040	Cal:778 CHO:97g Na:880mg		880

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.