

CHARLOTTE

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 TRIO Community Meals Nourishment through compassionate care.			10/1/2026	10/2/2026
			Beef/Turkey Bolognese Casserole Green Peas Tossed Salad Dinner Roll Peach Crisp Milk Margarine Ranch/Italian Dressing	Sliced Turkey Breast Swiss Cheese Pasta Salad Cucumber Salad Wheat Bread (2) Grape Juice Milk Mustard/Mayonnaise
	10/5/2026	10/6/2026	10/7/2026	10/8/2026
	Teriyaki Chicken Breast Parslied Rice Glazed Carrots Dinner Roll Grape Juice Milk Margarine	Turkey Pepper Casserole Green Peas Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch/Italian Dressing	Chicken Breast w/ Ancho-Lime Sauce Mixed Beans Corn Dinner Roll Mixed Fruit Milk Margarine	Beef Patty Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup/Mustard
	10/12/2026	10/13/2026	10/14/2026	10/15/2026
	Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Dinner Roll Tropical Fruit Milk Margarine	Chicken Breast w/ Creamy Florentine Sauce Confetti Rice Tossed Salad Dinner Roll Pineapple Cobbler Milk Margarine Ranch/Italian Dressing	Beef Sloppy Joe Oven Roasted Potatoes Green Beans Hamburger Bun Very Berry Juice Milk	Pork Carnitas Brown Rice Black Beans Flour Tortilla Applesauce Milk Taco Sauce
10/19/2026	10/20/2026	10/21/2026	10/22/2026-Special	10/23/2026
BBQ Pork Riblet O'Brien Potatoes Cauliflower Hamburger Bun Mixed Fruit Milk	Santa Fe Beef Stew Yellow Rice Green Peas Dinner Roll Fresh Fruit Milk Margarine	Bone-In Chicken w/ Poultry Gravy Cheesy Whipped Potatoes Tossed Salad Dinner Roll Hot Glazed Peaches Milk Margarine Ranch/Italian Dressing	Beef Frankfurter w/ Chili Baked Beans Coleslaw Hot Dog Bun Hot Applesauce Milk Mustard/Ketchup	Beef/Chicken Sweet & Sour Meatballs Buttered Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine
10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
Chicken Breast w/ Apple Cider Mustard Glaze Mashed Yams Brussels Sprouts Dinner Roll Fresh Fruit Milk Margarine	Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Diced Pears Milk Sour Cream	Sliced Turkey Breast Swiss Cheese Macaroni Salad Cucumber Salad Wheat Bread (2) Apple Juice Milk Mustard/Mayonnaise	Chicken Parmesan Penne Noodles Green Beans Dinner Roll Tropical Fruit Milk Margarine	Turkey & Bean Chili Parslied Rice Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch/Italian Dressing

Courtney Furr RD, LDN
Dietitian

Program Director

AAA Administrator

Date

Date

Date



CHARLOTTE

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2/2026 Teriyaki Chicken Breast Parslied Rice Glazed Carrots Dinner Roll Grape Juice Milk Margarine	11/3/2026 Turkey Pepper Casserole Green Peas Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch/Italian Dressing	11/4/2026 Chicken Breast w/ Ancho-Lime Sauce Mixed Beans Corn Dinner Roll Mixed Fruit Milk Margarine	11/5/2026 Beef Patty Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup/Mustard	11/6/2026 Chicken Salad Pasta Salad Carrot Raisin Salad Wheat Crackers (6) Tropical Fruit Milk
11/9/2026 Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Dinner Roll Tropical Fruit Milk Margarine	11/10/2026 Chicken Breast w/ Creamy Florentine Sauce Confetti Rice Tossed Salad Dinner Roll Pineapple Cobbler Milk Margarine Ranch/Italian Dressing	11/11/2026 Closed	11/12/2026 Pork Carnitas Brown Rice Black Beans Flour Tortilla Applesauce Milk Taco Sauce	11/13/2026 Turkey & Sweet Potato Hash Cabbage Dinner Roll Pear Crisp Milk Margarine
11/16/2026 BBQ Pork Riblet O'Brien Potatoes Cauliflower Hamburger Bun Mixed Fruit Milk	11/17/2026 Santa Fe Beef Stew Yellow Rice Green Peas Dinner Roll Fresh Fruit Milk Margarine	11/18/2026 Bone-In Chicken w/ Poultry Gravy Cheesy Whipped Potatoes Tossed Salad Dinner Roll Hot Glazed Peaches Milk Margarine Ranch/Italian Dressing	11/19/2026 Pinto Beans Macaroni & Cheese Collard Greens Cornbread Applesauce Milk Vinegar	11/20/2026 Beef/Chicken Sweet & Sour Meatballs Buttered Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine
11/23/2026 Chicken Breast w/ Apple Cider Mustard Glaze Mashed Yams Brussels Sprouts Dinner Roll Fresh Fruit Milk Margarine	11/24/2026 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Diced Pears Milk Sour Cream	11/25/2026-Special Sliced Turkey Breast w/ Poultry Gravy Garlic Whipped Potatoes Green Beans Cornbread Baked Cookie Milk Margarine Cranberry Sauce	11/26/2026 Closed	11/27/2026 Closed
11/30/2026 Teriyaki Chicken Breast Parslied Rice Glazed Carrots Dinner Roll Grape Juice Milk Margarine				 TRIO Community Meals Nourishment through compassionate care.

Courtney Furr RD, LDN

Dietitian

AAA Administrator

Program Director

Date

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CHARLOTTE

December 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12/1/2026	12/2/2026	12/3/2026	12/4/2026
	Turkey Pepper Casserole Green Peas Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch/Italian Dressing	Chicken Breast w/ Ancho-Lime Sauce Mixed Beans Corn Dinner Roll Mixed Fruit Milk Margarine	Beef Patty Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup/Mustard	Chicken Salad Pasta Salad Carrot Raisin Salad Wheat Crackers (6) Tropical Fruit Milk
12/7/2026	12/8/2026	12/9/2026	12/10/2026	12/11/2026
Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Dinner Roll Tropical Fruit Milk Margarine	Chicken Breast w/ Creamy Florentine Sauce Confetti Rice Tossed Salad Dinner Roll Pineapple Cobbler Milk Margarine Ranch/Italian Dressing	Beef Sloppy Joe Oven Roasted Potatoes Green Beans Hamburger Bun Very Berry Juice Milk	Pork Carnitas Brown Rice Black Beans Flour Tortilla Applesauce Milk Taco Sauce	Turkey & Sweet Potato Hash Cabbage Dinner Roll Pear Crisp Milk Margarine
12/14/2026	12/15/2026	12/16/2026	12/17/2026	12/18/2026
BBQ Pork Riblet O'Brien Potatoes Cauliflower Hamburger Bun Mixed Fruit Milk	Santa Fe Beef Stew Yellow Rice Green Peas Dinner Roll Fresh Fruit Milk Margarine	Bone-In Chicken w/ Poultry Gravy Cheesy Whipped Potatoes Tossed Salad Dinner Roll Hot Glazed Peaches Milk Margarine Ranch/Italian Dressing	Pinto Beans Macaroni & Cheese Collard Greens Cornbread Applesauce Milk Vinegar	Beef/Chicken Sweet & Sour Meatballs Buttered Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine
12/21/2026	12/22/2026	12/23/2026-Special	12/24/2026	12/25/2026
Chicken Breast w/ Apple Cider Mustard Glaze Mashed Yams Brussels Sprouts Dinner Roll Fresh Fruit Milk Margarine	Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Diced Pears Milk Sour Cream	Ham w/ Pineapple Glaze Whipped Potatoes Green Peas Dinner Roll German Chocolate Cake Milk Margarine	Closed	Closed
12/28/2026	12/29/2026	12/30/2026	12/31/2026	
Closed	Turkey Pepper Casserole Green Peas Tossed Salad Dinner Roll Hot Scalloped Apples Milk Margarine Ranch/Italian Dressing	Chicken Breast w/ Ancho-Lime Sauce Mixed Beans Corn Dinner Roll Mixed Fruit Milk Margarine	Beef Patty Lettuce/Tomato/Onion Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup/Mustard	 TRIO Community Meals Nourishment through compassionate care.

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