

# October 2026

# Cafe

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                |  | TUESDAY                                                                                       |  | WEDNESDAY                                                                                                                                        |  | THURSDAY                                                                                                                                |  | FRIDAY                                                                                                                 |  |                                                                                                                                                                                       |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Choose one of the following for \$7.00:</b> <ul style="list-style-type: none"><li>Hot Entree and sides</li><li>Salad of the Week</li><li>Power Bowl of the Week</li><li>Build Your Own Salad</li><li>Build Your Own Wrap</li><li>Build Your Own Power Bowl</li></ul> <b>Replace Any Side with</b><br><b>Coleslaw, Cottage Cheese, or Applesauce</b><br>Dessert - \$1.00, To Go Soup (16 oz) \$4.00 |  |                                                                                               |  |                                                                                                                                                  |  | <b>1</b> <b>Free Dessert</b><br><b>Coffee Sugar Cookie</b><br><br>Mushroom Swiss<br>Burger<br>Cheesy Potatoes<br>Cole Slaw              |  | <b>2</b> <b>Meals and Melodies</b><br><br>Italian Sausage<br>With Peppers &<br>Onions<br>Stewed Tomatoes<br>Over Pasta |  | <b>Salad of the Week</b><br>Apple Pecan<br><b>Power Bowl of the Week:</b><br>Oriental<br><b>Soup:</b><br>Tomato<br><b>Dessert:</b><br><b>Italian Love Cake</b>                        |  |
| <b>5</b><br><br><b>Mystery Monday</b>                                                                                                                                                                                                                                                                                                                                                                 |  | <b>6</b> <b>Tasty Tuesday</b><br><br>Smoked Sausage<br>Roasted Potatoes<br>Sweet Kraut        |  | <b>7</b> <b>Free Ice Cream sponsored by Elara Caring</b><br><br>Lemon Peppered<br>Chicken<br>Mac & Cheese<br>California Blend                    |  | <b>8</b> <b>Free Dessert</b><br><b>Fudge Brownie With Cream Cheese</b><br><br>Country Fried<br>Steak<br>Mashed Potatoes<br>Creamed Corn |  | <b>9</b> <b>Meals and Melodies</b><br><br>Shredded Chicken<br>Sweet Potato Fries<br>Green Beans                        |  | <b>Salad of the Week:</b><br>Grilled Chicken<br><b>Power Bowl of the Week:</b><br>Greek<br><b>Soup:</b><br>Mushroom<br><b>Dessert:</b><br><b>Oatmeal Cake</b>                         |  |
| <b>12</b><br><br><b>Mystery Monday</b>                                                                                                                                                                                                                                                                                                                                                                |  | <b>13</b> <b>Tasty Tuesday</b><br><br>Chicken Enchilada<br>Fiesta Rice<br>Refried Beans       |  | <b>14</b> <b>Free Ice Cream sponsored by The Heritage</b><br><br>Sloppy Joes<br>Sweet Potato Tots<br>Macaroni Salad                              |  | <b>15</b> <b>Free Dessert</b><br><b>Apple Butter Cake</b><br><br>Salisbury Steak<br>Mashed Potatoes<br>Buttered Corn                    |  | <b>16</b> <b>Meals and Melodies</b><br><br>Italian Sub<br>Pasta Salad<br>Pickle Spear                                  |  | <b>Salad of the Week:</b><br>Chef<br><b>Power Bowl of the Week:</b><br>Greek<br><b>Soup:</b><br>Vegetable<br><b>Dessert:</b><br><b>Frosted Maple Cookie Bars</b>                      |  |
| <b>19</b><br><br><b>Mystery Monday</b>                                                                                                                                                                                                                                                                                                                                                                |  | <b>20</b> <b>Tasty Tuesday</b><br><br>Roasted Pork<br>Mashed Potatoes<br>Vegetable Blend      |  | <b>21</b> <b>Free Ice Cream sponsored by StoryPoint</b><br><br>Sweet & Sour<br>Chicken<br>Seasoned Rice<br>Egg Roll<br>Oriental Blend<br>Veggies |  | <b>22</b> <b>Free Dessert</b><br><b>Pecan Cheesecake Cups</b><br><br>Taco Salad                                                         |  | <b>23</b> <b>CAFE KARAOKE</b><br><br>Million Dollar<br>Spaghetti<br>Breadstick                                         |  | <b>Salad of the Week:</b><br>Southwest<br><b>Power Bowl of the Week:</b><br>Salmon Sweet Potato<br><b>Soup:</b><br>Broccoli & Cheese<br><b>Dessert:</b><br><b>Pumpkin Coffee Cake</b> |  |
| <b>26</b><br><br><b>Mystery Monday</b>                                                                                                                                                                                                                                                                                                                                                                |  | <b>27</b> <b>Tasty Tuesday</b><br><br>Thai Peanut<br>Chicken<br>Vegetable Lo Mein<br>Egg Roll |  | <b>28</b> <b>Free Ice Cream</b><br><br>Salisbury Steak<br>Mashed Potatoes<br>Buttered Corn                                                       |  | <b>29</b> <b>Free Dessert</b><br><b>Pumpkin Mousse</b><br><br>Chicken Parm<br>Over Pasta<br>Green Beans                                 |  | <b>30</b><br><br>Cheeseburger<br>Potato Wedges<br>Cole Slaw                                                            |  | <b>Salad of the Week:</b><br>Oriental<br><b>Power Bowl of the Week:</b><br>Salmon Sweet Potato<br><b>Soup:</b><br>Sausage & Kale<br><b>Dessert:</b><br><b>Apple Pie Bars</b>          |  |

# Special Days

## **MYSTERY MONDAY!**

### **EVERY MONDAY**

Start your week with a surprise menu featuring delicious, one-day-only favorites. You never know what you'll find—come see what's cooking!

## **TASTY TUESDAYS!**

### **EVERY TUESDAY**

Come into the café and enjoy a free sample of something new we are cooking up!

**(Free with \$7.00 Lunch Purchase • Dine-In Only)**

*While supplies last.*

## **ICE CREAM WEDNESDAYS!**

### **EVERY WEDNESDAY**

**October 7** - Sponsored by The Heritage

**October 14** - Sponsored by Elara Caring

**October 21** - Sponsored by The Heritage

**October 28** - Sponsored by StoryPoint

**(Free with \$7.00 Lunch Purchase • Dine-In Only)**

*While supplies last.*

## **FREE DESSERT THURSDAY!**

### **EVERY THURSDAY**

Treat yourself to a little sweet for the week!

**(FREE with \$7 lunch purchase)**

*While supplies last.*

## **MEALS AND MELODIES**

### **EVERY FRIDAY**

Every Friday in the Cafe, enjoy a musical treat while you eat. **(lunch purchase required)**

## **PLEASE NOTE DATE CHANGE**

• **October 23 - Cafe Karaoke with Tim Holt**

**(lunch purchase required)**



# What's in my Salad?

## **Week of September 28 - October 2**

### **Apple Pecan**

Spinach • Sliced Apples • Pecans • Feta Cheese  
Craisins • Poppyseed or Raspberry Vinaigrette

## **Week of October 5 - 9**

### **Grilled Chicken**

Lettuce • Cheese • Egg • Tomatoes • Cucumbers  
Grilled Chicken • Salad Dressing

## **Week of October 12 - 16**

### **Chef Salad**

Lettuce • Cheese • Egg • Tomatoes • Cucumbers  
Ham • Turkey • Salad Dressing

## **Week of October 19 - 23**

### **Southwest**

Lettuce • Cheese • Chicken • Black Beans  
Corn Salsa • Tortilla Strips • Chipotle Ranch Dressing

## **Week of October 26 - 30**

### **Oriental Chicken**

Cabbage • Celery • Mandarin Oranges • Grilled  
Chicken • Toasted Almonds • Chow Mein Noodles •  
Oriental Dressing

# What's in my Bowl?

## **Week of September 21 - October 2**

### **Oriental Power Bowl**

Brown Rice • Teriyaki Chicken • Roasted Broccoli •  
Shredded Cabbage • Carrots • Mandarin Oranges •  
Ginger Sesame Dressing

## **Week of October 5 - 16**

### **Greek Power Bowl**

Brown Rice • Chicken • Cucumber • Tomatoes •  
Olives • Feta • Tzatziki Sauce

## **Week of October 19 - 30**

### **Salmon Sweet Potato Power Bowl**

Rice • Sweet Potato • Broccoli • Salmon • Hummus •  
Slivered Almonds • Maple Balsamic Drizzle

**If you are interested in Mobile Meal delivery,  
call Dustin at 567-429-9249 to inquire about pricing and scheduling**