

CITY OF JACINTO CITY - HERITAGE HALL SENIOR CENTER

OCTOBER 2025 MENU

To secure your nutritional meal for the day, you must please remember to reserve your meal two days in advance.
Thank you, Elizabeth Flores, Director - 713-554-9046

Monday	Tuesday	Wednesday	Thursday	Friday
		10/1/2025	10/2/2025	10/3/2025
	THIS PROGRAM IS FUNDED IN PART 	Parmesan Chicken Pasta Florentine Broccoli Dinner Roll Fig Bar Milk	Beef Picadillo Yellow Rice Cilantro Lime Corn Flour Tortilla Lime Gelatin Milk Taco Sauce	BBQ Pork Rib Patty Ranch Beans Parslied Carrots Cornbread Fresh Fruit Milk Margarine
10/6/2025	10/7/2025	10/8/2025	10/9/2025	10/10/2025
Beef Meatballs/Gravy Rice Herbed Green Beans Wheat Bread Oatmeal Cookie Milk	BBQ Chicken Nuggets Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Fresh Fruit Milk Mustard	King Ranch Chicken Whole Kernel Corn Sliced Carrots Texas Bread Cherry Craisins Milk	Salisbury Beef Onion Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk
10/13/2025	10/14/2025	10/15/2025	10/16/2025	10/17/2025
Beef Taco Pinto Beans Spanish Rice Flour Tortilla Nutty Buddy Bar Milk Taco Sauce	Rosemary Beef Ranch Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	Turkey Breast with Gravy* Macaroni/Cheese Glazed Carrots Dinner Roll Chocolate Graham Crackers Milk	Chicken/Sausage Gumbo+ Cajun Rice Gumbo Vegetable Cornbread Dressing Birthday Cake Milk Margarine	Tuna Salad Pasta Salad Tropical Fruit Club Crackers Milk
10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk	Baked Chicken/Gravy Lemon Herb Pasta Green Beans/Onions Wheat Bread Oatmeal Cookie Milk	Beef Chili Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine	Pork Ham/Black-Eyed Peas Whole Kernel Corn Broccoli Texas Bread Chocolate Pudding Milk	Turkey Noodle Casserole* Parslied Carrots Seasoned Cauliflower Wheat Bread Strawberry Craisins Milk
10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
Sweet/Sour Chicken Fried Rice California Vegetables Texas Bread Fortune Cookie Milk	Pork Sausage/Red Beans+ Dirty Rice Mixed Greens Cornbread Graham Crackers Milk Margarine	Swedish Beef Meatballs Penne Pasta Green Beans Texas Bread Fresh Fruit Milk	Lemon Pepper Chicken Lentils Catalina Vegetables Wheat Bread Fudge Cream Cookie Milk	Hamburger Patty Lettuce/Pickles Ranch Beans Hamburger Bun Cinnamon Applesauce Milk Mustard/Ketchup