

OCTOBER

2025

WHAT'S FOR LUNCH?

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****29**

Baked Crispy Chicken
Sandwich

Sweet Potato Fries

Garden Salad

Fresh Fruit

30

Chicken & Veg. Lo Mein
w/ White Rice

Garden Salad

Fresh Fruit

01

Baked Potato Soup

Whole Wheat Turkey
& Cheese Sandwich

Fresh Fruit

02

Fish Fillet Sandwich

Sweet Potato Fries

Garden Salad

Fresh Fruit

03

Hot Dogs w/Buns, Potato
Salad, Garden Salad and
Fresh Fruit

06

Spaghetti w/Meatballs

Garlic Bread

Garden Salad

Fresh Fruit

07

Arroz Con Pollo

Baked Plantains

Garden Salad

Fresh Fruit

08

Beef Stew over
Rice

Steamed Veggies

Fresh Fruit

09

Grilled Chicken Alfredo
with Spinach

Whole Grain Pasta

Garden Salad

Fresh Fruit

10**13**

Four Cheese Ravioli

Garlic Bread

Garden Salad

Fresh Fruit

14

Chicken & Veg. Lo Mein
w/ White Rice

Garden Salad

Fresh Fruit

15

Baked Crispy Chicken
Sandwich

Sweet Potato Fries

Garden Salad

Fresh Fruit

16

Macaroni & Cheese

Fish Sticks

Mixed Veggies

Fresh Fruit

17**20**

Spaghetti w/Meatballs

Garlic Bread

Garden Salad

Fresh Fruit

21

Fish Fillet Sandwich

Sweet Potato Fries

Garden Salad

Fresh Fruit

22

Rotisserie Chicken
Mashed Potatoes

Gravy

Mixed Veggies

Fresh Fruit

23

Broccoli & Cheese Soup

Whole Wheat Turkey
& Cheese Sandwich

Fresh Fruit

24**27**

Baked Crispy Chicken
Sandwich

Sweet Potato Fries

Garden Salad

Fresh Fruit

28

Arroz Con Pollo

Baked Plantains

Garden Salad

Fresh Fruit

29

Four Cheese Ravioli

Garlic Bread

Garden Salad

Fresh Fruit

30

Macaroni & Cheese

Fish Sticks

Mixed Veggies

Fresh Fruit

31

Hot Dogs w/Buns,
Potato Salad, Garden
Salad and Fresh Fruit

SarahCare of Coral Springs Adult Day Care – 754 Riverside Drive, Coral Springs, FL 33071 – (954) 743-0003 Phone

*Lunch options may change without notice due to availability.