



MENU

OCTOBER

October 2026 Senior Lunch Menu

			BBQ Pulled Pork Baked Beans Coleslaw Cornbread	01	Meat Lasagna Garden Salad Garlic Bread	02			
Pot Roast with Gravy Mashed Potatoes Turnips Dinner Roll	05	Chicken Cordon Bleu Twice Baked Potato Green Beans Wheat Roll	06	Baked Italian Sausage With Pepper & Onions Garden Salad Garlic Knots	07	Three Cheese Quiche Spinach Salad Dinner Roll	08	Bourbon Beef Tips Mashed Potatoes Brussel Sprouts Dinner Roll	09
SENIOR CENTER CLOSED FOR COLUMBUS DAY HOLIDAY	12	Fried Fish & Clam Strips Combo French Fries, Coleslaw Tartar Sauce	13	UNA FESTA ITALIANA Wedding Soup Shells Marinara Meatballs, Antipasto Garlic Bread Cost: \$12M/\$15NM	14	Lemon Chicken Rice Pilaf Green Beans Wheat Roll	15	Sloppy Joes Tater Tots Coleslaw Pickles	16
Chicken Francese Roasted Potatoes Broccoli Wheat Roll	19	Salisbury Steak With Mushroom Gravy Mashed Potatoes Beets Garlic Knots	20	Cheese Ravioli With Meat Sauce Caesar Salad Garlic Bread	21	Grilled Scallops Baked Potato Green Beans Dinner Roll	22	Crispy Chicken Wrap with Lettuce, Tomato Honey Mustard Chips, Pickles	23
Meatloaf with Gravy Mashed Potatoes Peas & Carrots Dinner Roll	26	Beef Stroganoff Over Egg Noodles Garden Salad Dinner Roll	27	HALLOWEEN PARTY Carved Turkey w/ Gravy Mashed Potatoes, Stuffing Butternut Squash, Cranberry Sauce Dinner Roll Cost: \$12M/\$15NM	28	Meatball Grinder With Provolone Cheese French Fries Pickles	29	Grilled Salmon Rice Pilaf Grilled Asparagus Wheat Rolls	30

Please register 3 days in advance by visiting rockyhill.myrec.com or call 860-258-2786
Payment is due at time of registration. Cost \$5 for Resident/\$10 for Non-Resident unless otherwise noted.

