

October 2026

Lunch Menu



**COMMUNITY ACTION
OF NAPA VALLEY**

PLEASE CALL (707) 253-6100 Ext. 111 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Meatball Stroganoff: milk, soy, wheat, fish <i>Beef/Pork Meatballs</i> Whole Grain Penne Pasta: wheat Green Peas Applesauce, 4.5 oz	2 Breaded Lemon Pepper Tilapia: fish, eggs, wheat Red Mashed Potatoes: milk Dilled Carrots Whole Wheat Bread: wheat Fresh Pear	3 Chicken Tenders: soy, wheat Hashbrown Potatoes: milk, soy Broccoli Whole Grain Hamburger Bun: wheat Fresh Apple BBQ Sauce
5 Swedish Meatballs <i>beef and pork meatballs</i> with Whole Grain Penne Pasta Green Peas and Carrots** Hot Applesauce* Milk	6 Cheesy Egg Patty (2) Tater Tot Casserole Broccoli* Whole Wheat Bread Fresh Pear Milk	7 Potato Crusted Pollock with Lemon Sauce Brown Rice Whole Kernel Corn Fresh Orange* Milk	8 Salisbury Steak with Burgundy Sauce <i>New!</i> Horseradish Potatoes Green Beans w/Carrots** Whole Grain Roll Fresh Apple Milk	9 Oven Fried Chicken Thigh Whole Grain Macaroni & Cheese Collard Greens*** Fresh Pear Milk	10 Stuffed Pepper Skillet* <i>made with ground turkey</i> Brown Rice Succotash Hot Peaches Milk
12 Beef Tips and Brown Gravy with Brown Rice Broccoli* Whole Grain Roll Hot Pineapple Tidbits Milk	13 BBQ Pork Riblet  Baked Beans Sweet Potato Wedges** Whole Grain Hamburger Bun Applesauce Fruit Cup Milk	14 Chicken Jambalaya <i>Brown Rice in entrée</i> Okra & Tomatoes & Corn Cauliflower* Fresh Apple Milk	15 Lentil Stew Roasted Garlic Whipped Potatoes* Mixed Vegetables** Whole Grain Roll Fresh Pear Milk	16 Parmesan Breaded Tilapia <i>Whole Grain Penne Pasta</i> with Marinara Sauce Peas and Carrots** Fresh Orange* Chocolate Milk	17 Breaded Chicken <i>Whole Grain breading on chicken</i> with Country Gravy Whole Kernel Corn Broccoli and Cauliflower* Fresh Apple Milk
19 Creamy Paprika Chickpeas Sweet Potatoes*** Green Beans Whole Grain Roll Fresh Apple Milk	20 Santa Fe Beef Stew Brown Rice Broccoli and Cauliflower* Fresh Pear Milk	21 Sesame Chicken Whole Grain Garlic Noodles Ginger Carrots** Hot Applesauce Chocolate Milk	22 Lemon Pepper Tilapia Cajun Brown Rice Collard Greens*** Fresh Apple Cornbread Milk	23 Chopped Steak with Steakhouse Sauce Ranch Whipped Potatoes* Green Peas Whole Grain Roll Fresh Pear Milk	24 Turkey Taco Meat Pinto Beans Fiesta Vegetables Whole Wheat Tortilla Fresh Orange* Milk Taco Sauce
26 Chicken Shawarma Lentil Vegetable Pilaf** Broccoli* Whole Wheat Bread Fresh Pear Milk	27 Potato Crusted Vera Cruz Pollock Cilantro Brown Rice Fiesta Vegetables** Applesauce Fruit Cup* Milk	28 Garden Meatball Cacciatore <i>New!</i> Parmesan Whipped Potatoes* Rosemary Carrots** Whole Grain Roll Fresh Apple Milk	29 <i>New!</i> Japanese Beef Curry Whole Grain Garlic Noodles Japanese Vegetables Fresh Orange* Chocolate Milk	30 <i>Halloween</i>  Turkey Frankfurter Potato Medley** Green Beans Whole Wheat Hot Dog Bun Fresh Orange* Carnival Cookie Milk Mustard	31 Chopped Steak with Brown Gravy Whole Grain Macaroni and Cheese Broccoli and Cauliflower* Fresh Apple Milk