



Lafayette Central Kitchen Cajun AAA

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRIO Community Meals Nourishment through compassionate care.	Each Meal is Served with 1/2 Pint of 2% Milk	1 Red Beans & Sausage Rice Tossed Salad/Dressing Mustard Greens Cornbread Fresh Orange/Citrus (978 Kcal)	2 Turkey Salad Vegetable Soup Green Beans Wheat Bread (2) Peach Cobbler(Hot) (791 Kcal)	3 Pork Roast Gravy Whipped Potatoes Glazed Beets Wheat Bread Birthday Cake (1112 Kcal)
		8 Chicken & Sausage Gumbo with Rice Okra & Tomatoes Potato Salad Wheat Bread Pumpkin Bar (984 Kcal)	9 Hamburger Lettuce & Tomato Chuckwagon Corn Hamburger Bun Tropical Fruit Crisp Mustard/Ketchup (835 Kcal)	10 Smothered Chicken (Bone-in) Delmonico Potatoes Glazed Carrots Wheat Bread Fresh Banana (698 Kcal)
6 Lemon Herb Chicken Breast Green Beans Cabbage Wheat Bread/Margarine Oatmeal Crème Cookie (702 Kcal)	7 Taco/Cheese Pinto Beans 4 way Mixed Vegetables Wheat Tortilla Fresh Cantaloupe Wedge Taco Sauce (720 Kcal)	15 Sausage & White Beans Rice Mixed Greens Pickled Beets Cornbread Fresh Banana (1094 Kcal)	16 Sliced Ham Honey Glaze Smothered Potatoes Capri Vegetables Wheat Roll Peach Pudding (875 Kcal)	17 Chicken & Sausage Jambalaya Green Beans/Red Peppers Carrots Wheat Bread Chocolate Chip Cookie (824 Kcal)
13 BBQ Meatballs Baked Beans Peas & Carrots Wheat Bread Fresh Orange/Citrus (754 Kcal)	14 Chicken Breast Waikiki Sauce Yams Cabbage White Roll Royal Brownie (745 Kcal)			
20 Breakfast Sausage Cheese Grits O'Brien Potatoes Cranberry Juice Biscuit/Jelly/Margarine Fig Bar (1222 Kcal) Breakfast Special	21 Ham & Lima Beans Brown Rice Mixed Greens Cucumber & Onion Salad Cornbread Fruit Blend Juice (815 Kcal)	22 Chili w/Beans Rice Capri Vegetables Tossed Salad/Dressing Saltine Crackers Craisins (690 Kcal)	23 BBQ Riblet Peas & Carrots Coleslaw Wheat Hamburger Bun Apple Cobbler (842 Kcal)	24 Homestyle Meatloaf Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Oatmeal Crème Cookie (824 Kcal)
27 Salisbury Patty Brown Gravy Garlic Potatoes California Vegetables White Roll Fruit Blend Juice (706 Kcal)	28 Creamy Chicken Paprika Brussels Sprouts Whole Kernel Corn Wheat Roll Mixed Fruit (688 Kcal)	29 Red Beans & Sausage Rice Tossed Salad/Dressing Mustard Greens Cornbread Fresh Orange/Citrus (978 Kcal)	30 Chicken Salad Coleslaw Cucumber/Tomato Salad Wheat Bread (2) Peanut Butter Cookie (733 Kcal) Special	31 Pork Roast Gravy Whipped Potatoes Glazed Beets Wheat Bread Birthday Cake (1112 Kcal)