DELCO HOT - OCTOBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1				1	2
				H497	H498
				EGGPLANT PARMESAN (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce ½ cup pears	**TURKEY w CITRUS THYME GRAVY** (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce
WEEK #2	5	6	7	8	9
	H499	H500	H501	H502	H503
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potato wedges 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg ½ cup cinnamon applesauce	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet muffin	**GRILLED CHICKEN & BACON MAC & CHEESE** (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, ½ cup rotini) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	**ROAST BEEF with SHERRY MUSHROOM GRAVY** (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Orange
WEEK #3	12	13	14	15	16
	H504	H505	H506	H507	H508
	SWEET & SOUR CHICKEN (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ cup Brown rice 1oz whole wheat bread, pc marg Fresh Orange	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 2oz whole wheat roll, pc marg .75oz oatmeal cookie	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) 1 c Caesar Salad (1 c romaine, 1 T drg) 1oz whole wheat bread, pc marg ½ cup pineapples	**CRISPY CHEESE & POTATO CRUSTED COD** (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg ½ cup fruit cocktail
WEEK #4	19	20	21	22	23
	H509	H510	H511	H512	H513
	CHEESE LASAGNA (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini ½ cup mandarin oranges	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Apple	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c marinated tomato and onion salad ½ c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin	**KOREAN BBQ BEEF** (3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce) ½ c brown rice ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg ½ cup pears
WEEK #1	26	27	28	29	30
	H494	H495	H496	H497	*SPPCA-HALL*
	LEMON-CAPER CHICKEN PICCATA (3oz EP chicken breast, 2oz lemon herb sauce) ½ c honey glazed beets ½ cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Pear	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T French dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	**SHRIMP SCAMPI** (3oz EP Shrimp, 1oz butter sauce, ½c penne) ½ cup broccoli & carrots ½ cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg .75oz graham crackers	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce ½ cup pears	***3OZ GHOULISH BEEF GOULASH*** *1/2 C BUTTERED ROTINI* *1/2 C PEAS* *DINNER ROLL* *1 EA BLACK CAKE BROWNIES* *4 OZ APPLE JUICE*

DELCO HOT - NOVEMBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2	**2**	**3**	**4**	**5**	**6**
	H499	**H500**	**H501**	**H502**	**H503**
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions)	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese)	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce)	**GRILLED CHICKEN & BACON MAC & CHEESE** (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, ½ cup rotini)	**ROAST BEEF with SHERRY MUSHROOM GRAVY** (3oz EP beef, 2oz mushroom gravy)
	½ c green beans	1/2c herb roasted potatoes	½ cup spinach with diced carrots	1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing)	½ cup roasted potatoes
	½ c potato wedges	½ cup zucchini, corn and onions	½ cup warm apples	½ cup carrots	½ cup broccoli, cauliflower carrots
	2oz WW hamburger Bun	1oz rye bread, pc marg	Sweet muffin	1oz whole wheat bread, pc marg	2oz whole wheat roll, pc marg
	½ cup peaches	½ cup cinnamon applesauce		½ cup mandarin oranges	Fresh Orange
WEEK #3	**9**	**10**	**11**	**12**	**13**
	H504	**H505**	**H506**	**H507**	**H508**
	SWEET & SOUR CHICKEN (3oz EP Chicken, 1oz pineapples, 1oz sauce)	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy)	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze)	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce)	**CRISPY CHEESE & POTATO CRUSTED COD** (2.5oz EP COD, 0.5oz cheddar cheese)
	½ cup Oriental – broc, onion, mush, red pepper, caul, green bean	½ cup roasted potatoes	½ cup mashed potatoes	½ cup mixed veg (green bean, carrot, pea, corn)	½ cup sweet potato cubes
	½ cup Brown rice	½ cup green beans	½ cup peas	1 c Caesar Salad (1 c romaine, 1 T drg)	½ cup Island Blend -broc, carr, red pepper, green bean
	1oz whole wheat bread, pc marg	2oz whole wheat roll, pc marg	2oz whole wheat roll, pc marg	1oz whole wheat bread, pc marg	1oz whole wheat bread, pc marg
	Fresh Orange	½ cup applesauce	.75oz oatmeal cookie	½ cup pineapples	½ cup fruit cocktail
WEEK #4	**16**	**17**	**18**	**19**	**20**
	H509	**H510**	**H511**	**H512**	**H513**
	CHEESE LASAGNA (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce)	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze)	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy)	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta)	**KOREAN BBQ BEEF** (3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce)
	½ cup garlic spinach w carrots	½ cup brussel sprouts	½ cup green beans	½ c marinated tomato and onion salad	½ c brown rice
	½ cup corn and zucchini	½ cup roasted potatoes	½ cup whipped potatoes	½ c broccoli, carrot & cauliflower	½ cup Oriental – broc, onion, mush, red pepper, caul, green bean
	½ cup mandarin oranges	2oz whole wheat roll, pc marg	2oz whole wheat roll, pc marg	1oz whole wheat bread, pc marg	1oz whole wheat bread, pc marg
		½ cup fruit cocktail	Fresh Apple	Sweet Muffin	½ cup pears
WEEK #1	**23**	**24**	**25**	**26**	**27**
	H494	**H495**	***SPPCA-THKS-HOT***	**H497**	**H498**
	LEMON-CAPER CHICKEN PICCATA (3oz EP chicken breast, 2oz lemon herb sauce)	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles)	***ROAST TURKEY W/ CORNBREAD STUFFING & GRAVY***	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2o[illegible] sau[illegible] ½ cup eggplant)	**TURKEY w CITRUS THYME GRAVY** (3oz EP turkey, 2oz gravy)
	½ c honey glazed beets	1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T French dressing)	*MASHED SWEET POTATOES*	½ cup brusse[illegible]sp[illegible]t	½ cup mashed potatoes
	½ cup confetti (peppers) brown rice	½ cup carrots	*GREEN BEANS ALMONDINE*	½ cup [illegible]otini w[illegible]sauce	½ cup green beans
	2oz whole wheat roll, pc marg	1oz whole wheat bread, pc marg	*DINNER ROLL*	½ cup pears	2oz whole wheat roll, pc marg
	Fresh Pear	½ cup mandarin oranges	*PC CRANBERRY SAUCE*		½ cup applesauce
			APPLE JUICE		
			SWEET POTATO PIE		
WEEK #2	**30**				
	H499				
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions)				
	½ c green beans				
	½ c potato wedges				
	2oz WW hamburger Bun				
	½ cup peaches				

CLOSED

DELCO HOT - DECEMBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2		1	2	3	4
		H500	H501	H502	H503
		TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg ½ cup cinnamon applesauce	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet muffin	**GRILLED CHICKEN & BACON MAC & CHEESE** (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, ½ cup rotini) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	**ROAST BEEF with SHERRY MUSHROOM GRAVY** (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Orange
WEEK #3	7	8	9	10	11
	H504	H505	H506	H507	H508
	SWEET & SOUR CHICKEN (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ cup Brown rice 1oz whole wheat bread, pc marg Fresh Orange	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 2oz whole wheat roll, pc marg .75oz oatmeal cookie	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) 1 c Caesar Salad (1 c romaine, 1 T drg) 1oz whole wheat bread, pc marg ½ cup pineapples	**CRISPY CHEESE & POTATO CRUSTED COD** (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg ½ cup fruit cocktail
WEEK #4	14	15	16	17	18
	H509	H510	H511	H512	H513
	CHEESE LASAGNA (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini ½ cup mandarin oranges	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Apple	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c marinated tomato and onion salad ½ c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin	**KOREAN BBQ BEEF** (3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce) ½ c brown rice ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg ½ cup pears
WEEK #1	21	22	23	24	25
	H494	H495	*SPPCA-XMAS-HOT*	H497	H498
	LEMON-CAPER CHICKEN PICCATA (3oz EP chicken breast, 2oz lemon herb sauce) ½ c honey glazed beets ½ cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Pear	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T French dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	***SLICED ROAST BEEF W/ BURGUNDY GRAVY*** *GREEN BEANS* *RED BLISS MASHED POTATOES* *DINNER ROLL* *CHERRY CRUMBLE* *APPLE JUICE*	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce ½ cup pears	**TURKEY w CITRUS THYME GRAVY** (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce CLOSED
WEEK #2	28	29	30	31	
	H499	H500	H501	H502	
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potato wedges 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg ½ cup cinnamon applesauce	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet muffin	**GRILLED CHICKEN & BACON MAC & CHEESE** (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, ½ cup rotini) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	