

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2026

What's for lunch ?

|                                                                                                                                                                                         |                                                                             |                                                                                      |    |                                                                           |    |                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                         |                                                                             |                                                                                      |    | BINGO 1                                                                   |    |                                                                                                                   |
|                                                                                                                                                                                         |                                                                             |                                                                                      |    | HAMBURGER<br>Fries<br>Veggie Soup<br>Dessert                              |    | Simchat Torah Begins                                                                                              |
| 4                                                                                                                                                                                       | 5                                                                           | BINGO 6                                                                              | 7  | 8                                                                         | 9  | 10                                                                                                                |
| <b>Reminder that<br/>senior meals<br/>are now \$6.00.<br/>Others are<br/>\$7.00.</b>                                                                                                    |                                                                             | CHICKEN &<br>NOODLES<br>Mashed Potatoes<br>Peas<br>Bread<br>Dessert                  |    | WVU Medicine<br>Lunch and Learn<br>Lunch Provided<br><br>Please Sign Up!  |    | <b>If you plan to<br/>attend an event<br/>with lunch<br/>provided,</b>                                            |
| 11                                                                                                                                                                                      | 12                                                                          | 10:30 Club Mtg 13<br>11 Pumpkin decorating                                           | 14 | BINGO 15                                                                  | 16 | 17                                                                                                                |
|                                                                                                                                                                                         | Indigenous Peoples' Day<br>Columbus Day (U.S.)<br>Thanksgiving Day (Canada) | HAM SALAD<br>Peaches & Cottage<br>Cheese<br>Potato Salad<br>Dessert                  |    | MACARONI &<br>HAMBURGER<br>Salad<br>Garlic Bread<br>Dessert               |    | <b>please be sure<br/>to sign up in the<br/>center or call<br/>(740)423-6022<br/>to have your<br/>name added.</b> |
| 18                                                                                                                                                                                      | 19                                                                          | 20                                                                                   | 21 | BINGO 22                                                                  | 23 | 24                                                                                                                |
| <b>If you are<br/>planning on<br/>lunch and will<br/>arrive after<br/>10:00, PLEASE<br/>call before<br/>10:00<br/>to get your<br/>name on the<br/>lunch list...<br/>(740) 423-6022.</b> |                                                                             | BIRTHDAY PARTY<br><br>BAKED PORK<br>CHOPS<br>Mashed Potatoes<br>Green Beans<br>Bread |    | HOT DOGS<br>Fries<br>Baked Beans<br>Dessert                               |    |                                                                                                                   |
| 25                                                                                                                                                                                      | 26                                                                          | BINGO 27                                                                             | 28 | 29                                                                        | 30 | 31                                                                                                                |
|                                                                                                                                                                                         |                                                                             | SOUP BEANS<br>Fried Potatoes<br>Cornbread<br>Dessert                                 |    | HALLOWEEN PARTY<br><br>CHILI<br>Grilled Cheese<br>Potato Salad<br>Dessert |    | <b>Don't forget to<br/>follow us on<br/>Facebook...<br/><br/>Belpre<br/>Senior Center</b>                         |
|                                                                                                                                                                                         |                                                                             |                                                                                      |    |                                                                           |    | Halloween                                                                                                         |

