

OCTOBER 2026

Oma's Plate Lunch

Please note menus are subject to change without notice. We apologize for any inconvenience.

SERVING SIZES

Meat/Entrée: 2 ½ -3 oz cooked edible meat
Veg/Salad/Fruit/Dessert: ½ cup
Margarine: 1 teaspoon
Bread: 1 slice
Milk: ½ pint
Casserole: 1 Cup

Monday	Tuesday	Wednesday	Thursday	Friday
Don't have an Oma's meal card? See the Nutrition Office to sign up!!	<i>Operated by the SWIRCA & More Nutrition Program.</i> <i>16 W. Virginia St Evansville, Indiana 812-464-7807</i>		1 BBQ Meatballs Rice Pilaf Broccoli Bread/Marg. Lemon Meringue Pie	2 Hickory Smoked Bacon Scrambled Eggs Country Gravy Biscuit Hashbrown Patty Fruit Salad Danish
5 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Garlic Bread Cheesecake w/Cherry Topping	6 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg. Assorted Dessert Day	7 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Fruits of the Forrest Pie	8 Ham & Beans Oven Fried Potatoes Cornbread Chocolate French Silk Pie	9 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg. Coconut Meringue Pie
12 CLOSED FOR COLUMBUS DAY	13 Meatloaf Mashed Potatoes Carrots Bread/Marg. Pecan Pie	14 Hickory Smoked Bacon Scrambled Eggs Country Gravy Biscuit Hash Brown Pattie Fruit Salad Honey Bun Cake	15 Sweet & Sour Meatballs Rice pilaf Broccoli Bread/Marg. Pineapple upside down cake	16 Goulash Peas Warm Spiced Apples Roll/Marg. Chocolate Meringue Pie
19 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg. Apple Pie	20 Sausage, Green Beans, & Potato Casserole Squash Warm Spiced Apples Cookies and Creme Pie	21 Baked Chicken Cheesy Potatoes Vegetable Blend Bread/Marg. Iced Cake	22 Homemade Beef Stew Cabbage Biscuit Homemade Blackberry Cobbler	23 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Assorted Dessert Day
26 Chicken & Gravy Mashed Potatoes Green Beans Bread/Marg. Chess Pie	27 BBQ Pork on Bun Cheesy Potatoes Carrot Cherry Pie	28 Chicken Pattie Red Skin Potatoes Tomatoes & Zucchini Bread/Marg. Chocolate Chip Cookie w/Ice Cream Cup	29 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg. Millionaire Pie	30 Soft Shell Tacos (2) Cheese & Lettuce Spanish Rice Black Beans Churro w/Ice cream Cup

