

One Stop Senior Day Care Meal Plan



JANUARY 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
			1 CLOSED NEW YEAR'S DAY	2 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet
5 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	6 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	7 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	8 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	9 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
12 BREAKFAST 1% or fat-free milk Orange juice, overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	13 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	14 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	15 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	16 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
19 BREAKFAST	20 BREAKFAST	21 BREAKFAST	22 BREAKFAST	23 BREAKFAST



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MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
26 BREAKFAST 1% or fat-free milk Orange juice, overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	27 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	28 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	29 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	30 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice

One Stop Senior Day Care Meal Plan



FEBRUARY 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Orange juice, overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato wedges Turkey sandwich on WW bread	3 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	4 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	5 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	6 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
9 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	10 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	11 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	12 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	13 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
16 CLOSED PRESIDENT'S DAY	17 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	18 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	19 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	20 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
23 BREAKFAST	24 BREAKFAST	25 BREAKFAST	26 BREAKFAST	27 BREAKFAST



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MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice

One Stop Senior Day Care Meal Plan



MARCH 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato wedges Turkey sandwich on WW bread	3 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	4 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	5 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	6 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
9 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	10 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	11 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	12 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	13 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
16 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	17 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	18 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	19 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	20 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
23 BREAKFAST	24 BREAKFAST	25 BREAKFAST	26 BREAKFAST	27 BREAKFAST



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MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
30 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	31 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet			

One Stop Senior Day Care Meal Plan



APRIL 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
		1 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	2 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	3 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
6 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	7 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	8 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	9 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	10 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
13 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	14 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	15 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	16 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	17 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
20 BREAKFAST	21 BREAKFAST	22 BREAKFAST	23 BREAKFAST	24 BREAKFAST



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MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
27 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	28 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet	29 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	30 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	

One Stop Senior Day Care Meal Plan



MAY 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
				BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
4 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	5 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	6 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	7 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	8 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
11 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	12 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	13 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	14 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	15 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
18 BREAKFAST	19 BREAKFAST	20 BREAKFAST	21 BREAKFAST	22 BREAKFAST



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MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
25 CLOSED MEMORIAL DAY	26 BREAKFAST 1% or fat-free milk Cranberry juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet	27 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	28 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	29 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin

One Stop Senior Day Care Meal Plan



JUNE 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
1 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato wedges Turkey sandwich on WW bread	2 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	3 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	4 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	5 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
8 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	9 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	10 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	11 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	12 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
15 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	16 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	17 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	18 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	19 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
22 BREAKFAST	23 BREAKFAST	24 BREAKFAST	25 BREAKFAST	26 BREAKFAST



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29 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	30 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet			

One Stop Senior Day Care Meal Plan



JULY 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
		1 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	2 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	3 CLOSED INDEPENDENCE DAY
6 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	7 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	8 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	9 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	10 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
13 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	14 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	15 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	16 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	17 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
20 BREAKFAST	21 BREAKFAST	22 BREAKFAST	23 BREAKFAST	24 BREAKFAST



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
27 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	28 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	29 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	30 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	31 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork

One Stop Senior Day Care Meal Plan



AUGUST 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
3 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato wedges Turkey sandwich on WW bread	4 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	5 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	6 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	7 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
10 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	11 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	12 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	13 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	14 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
17 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	18 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	19 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	20 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	21 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie

Sung Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
24 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	25 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	26 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	27 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	28 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
31 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken				

One Stop Senior Day Care Meal Plan



SEPTEMBER 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
	BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
7 CLOSED LABOR DAY	BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
28 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	29 BREAKFAST 1% or fat-free milk Cranberry juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet	30 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast		

One Stop Senior Day Care Meal Plan



OCTOBER 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
			1 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	2 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
5 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	6 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	7 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	8 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	9 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
12 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	13 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	14 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	15 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	16 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
19 BREAKFAST	20 BREAKFAST	21 BREAKFAST	22 BREAKFAST	23 BREAKFAST



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
26 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	27 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet	28 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	29 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	30 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin

One Stop Senior Day Care Meal Plan



NOVEMBER 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato wedges Turkey sandwich on WW bread	3 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	4 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	5 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	6 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
9 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	10 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	11 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	12 BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	13 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
16 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	17 BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	18 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	19 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	20 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie

Sung Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
23 BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	24 BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	25 BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	26 CLOSED THANKSGIVING DAY	27 BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Brussel sprouts, steamed carrots Baked haddock Brown rice
30 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken				

One Stop Senior Day Care Meal Plan



DECEMBER 2026 (MENU #2)

MON	TUES	WED	THURS	FRI
	BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Green beans, mashed potatoes Brown rice Salmon w/ salsa verde	BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, carrots Whole wheat Pasta bolognese	BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, Sauteed kale Brown rice Chicken tenders	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Carrots, green beans Whole wheat roll Glazed pork tenderloin
BREAKFAST 1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, broccoli Brown rice Oven roasted chicken	BREAKFAST 1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, carrots Brown rice Salmon w/ old bay seasoning	BREAKFAST 1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	BREAKFAST 1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Roasted red potatoes, collard greens Corn bread Roast Pork
BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sauteed kale, cauliflower Brown rice Turkey meatloaf	BREAKFAST 1% or fat-free milk Cranberry juice, Wheat chex Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, Sweet potato wedges Turkey burger on WW bun	BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Quinoa salad, green beans Whole wheat roll Chicken tenders	BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, steamed carrots Brown rice Cod fillet	BREAKFAST 1% or fat-free milk Apple juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Spring mix, cantaloup slices Whole wheat roll Beef & veg shepherds pie
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	

Sung Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
1% or fat-free milk Orange juice, Overnight oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, green beans Herb grilled chicken breast Brown rice	1% or fat-free milk Cranberry juice, WW muffin Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Sweet potato wedges, sauteed carrots Roast beef Whole wheat roll	1% or fat-free milk Prune juice, WW toast Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Steamed broccoli, cantaloupe slices Tofu bean chili Whole-corn tortilla	1% or fat-free milk Grape juice, WW waffles Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Collard greens, roasted red potatoes Roast pork Corn bread	CLOSED CHRISTMAS DAY
28 BREAKFAST 1% or fat-free milk Orange juice, cream of wheat Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, Sweet potato swedges Turkey sandwich on WW bread	29 BREAKFAST 1% or fat-free milk Cranberry juice, oatmeal Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Garden salad, baby carrots Jasmine rice Cod fillet	30 BREAKFAST 1% or fat-free milk Prune juice, Toasted oats Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Mashed potatoes, green beans Whole-wheat roll Chicken breast	31 BREAKFAST 1% or fat-free milk Grape juice, Whole wheat bagel Scrambled eggs SNACK Fresh fruit cup, cottage cheese LUNCH 1% or fat-free milk Butternut squash, Garden salad Brown rice Roast beef	