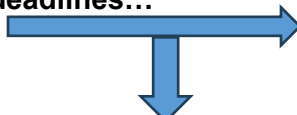


# FSR Social Cafe-Byron

Meals are subject to change

October 2026

| MONDAY                                                                                                              | TUESDAY                                                                                                     | WEDNESDAY                                                                                                                | THURSDAY                                                                                                             | FRIDAY                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
|                                    |                                                                                                             |                                        | <br>1                             | <br>2                 |
| Chicken Breast<br>Baked Dumpling/Gravy<br>Asparagus<br>Coleslaw<br>Pudding<br>5                                     | Breaded Chicken<br>Sandwich<br>Cheese/Tomato/Onion<br>Cheesy Hashbrowns<br>Green Beans<br>Fresh Banana<br>6 | Cheese and Ham Strata<br>Hashbrowns<br>Yogurt Fruit Cup<br>Crumb Cake<br>7                                               | Please make sure to<br>adhere to the reservation<br>deadlines...<br>8                                                | <i>Make Meal<br/>Reservations...<br/>By 2pm the day before<br/>By 2pm Friday for<br/>Monday meal</i><br>9 |
| Hamburger Gravy over<br>Mashed Potatoes<br>Cheesy Broccoli<br>Mixed Fruit Cup<br>12                                 | Taco Casserole w/Sour<br>Cream/Salsa/Lettuce<br>Mexican Corn<br>Corn Bread w/Marg<br>Baked Apple<br>13      | Baked Ham<br>Baked Sweet Potato<br>Green Bean Casserole<br>Lemon Chiffon Pie<br>14                                       | <b>To reserve a meal, call<br/>Connie at Family Service<br/>Rochester<br/>507-218-3264 or<br/>507-287-2010</b><br>15 | <b>HEALTH FAIR<br/>October 28<sup>th</sup><br/>9:30am – 11:30am</b><br>16                                 |
| Swedish Meatballs<br>Mashed Potatoes/Marg<br>Herbed Green Beans<br>Apple Cranberry Crisp<br>w/whipped topping<br>19 | Salisbury Steak w/Gravy<br>Mashed Potatoes<br>Brussel Sprouts<br>Flavored Ice Cream<br>20                   | <b>BYRON SENIOR CLUB</b> 21<br>Creamed Chicken over<br>Biscuit<br>Diced Carrots<br>7-Layer Salad<br>Gingerbread Cake     | <br>22                           | <b>BINGO!<br/>October 28<sup>th</sup><br/>1:00pm – 2:00pm</b><br>23                                       |
| Chicken Breast<br>Mashed Potatoes/Gravy<br>Broccoli<br>Blushing Pears<br>26                                         | Roast Beef<br>Mashed Potatoes/Gravy<br>Harvard Beets<br>Fresh Fruit<br>27                                   | <b>HEALTH FAIR/ BINGO</b> 28<br>Cheesy Broccoli Soup<br>Crackers<br>Chicken Salad on a Bun<br>Strawberry Short Cake/Topp | <br>29                          | <br>30               |
|                                                                                                                     |                                                                                                             |                                                                                                                          |                                                                                                                      |                                                                                                           |