

OCTOBER  
2026  
Menu



CAP AGENCY  
CONGREGATE DINING and  
HOME DELIVERED MEALS  
A SENIOR SERVICE OF  
SCOTT-CARVER-DAKOTA  
CAP AGENCY, INC.



FOR YOUR  
DINING  
PLEASURE

| Monday                                                                                                                                                              | Tuesday                                                                                                                       | Wednesday                                                                                                                              | Thursday                                                                                                                                                                                                | Friday                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                     |                                                                                                                               |                                                                                                                                        | 1                                                                                                                                                                                                       | 2                                                                                                                                                                     |
| MEALS HAVE BEEN ORDERED FOR THIS WEEK WITH THE LAST WEEK OF SEPTEMBER!!!                                                                                            |                                                                                                                               |                                                                                                                                        | Chef Salad with Lettuce,Ham & Turkey<br>Chopped Egg<br>Tomato & Cucumber<br>Shredded Cheddar<br>Breadstick/Butter<br>Fresh Fruit<br>Sugar Cookie<br>Ranch Dressing<br>Alternate: Chef Salad with Turkey | Popcorn Chicken<br>Mashed Potatoes<br>With Poultry Gravy<br>Corn<br>White Bread/Butter                                                                                |
| 5                                                                                                                                                                   | 6                                                                                                                             | 7                                                                                                                                      | 8                                                                                                                                                                                                       | 9                                                                                                                                                                     |
| Meatloaf with Glaze<br>Mashed Potatoes<br>With Brown Gravy<br>Peas<br>Dinner Roll/Butter<br>Lemon Bar                                                               | Breaded Chicken Breast<br>With Marsala Sauce<br>Rotini Noodles<br>Cooked Carrots<br>Chocolate Chip Cookie<br>Mandarin Oranges | Pulled Pork Sandwich With Bun<br>Potato Wedges<br>Coleslaw<br>Vanilla Pudding<br>Ketchup & BBQ Packet<br><br>Alternate: Pulled Chicken | Penne Pasta with Spaghetti Sauce<br>Mixed Vegetables<br>Tropical Fruit<br>Dinner Roll/Butter                                                                                                            | Chicken Fried Brown Rice<br>Asian Green Beans<br>Vegetable Egg Roll<br>Banana<br>Soy Sauce Packet                                                                     |
| 12                                                                                                                                                                  | 13                                                                                                                            | 14                                                                                                                                     | 15                                                                                                                                                                                                      | 16                                                                                                                                                                    |
| SITE CLOSED:<br>Meal delivered on 10/9<br><br>Philly Cheesesteak Casserole<br>Italian Blend Vegetables<br>Breadstick/Butter<br>Strawberry Applesauce<br>Lemon Jello | Crab Stuffed Pollock<br>Orzo Florentine<br>Steamed Broccoli<br>Diced Peaches<br>Tartar Sauce<br><br>Alternate: Chicken Kiev   | Salisbury Steak<br>Mashed Potatoes<br>With Brown Gravy<br>Green Beans<br>Wheat Bread/Butter<br>Oatmeal Cookie                          | Chicken Wild Rice Casserole<br>Steamed Carrots<br>Diced Pears<br>White Bread/Butter<br>Brownie                                                                                                          | Pork Loin with Dijon Cream Sauce<br>Roasted Potatoes<br>Green Peas<br>Dinner Roll/Butter<br>Fresh Cut Fruit<br><br>Alternate: Turkey Roast                            |
| 19                                                                                                                                                                  | 20                                                                                                                            | 21                                                                                                                                     | 22                                                                                                                                                                                                      | 23                                                                                                                                                                    |
| Coconut Lime Chicken<br>Basmati Rice<br>Cooked Carrots<br>Diced Pears<br>Blondie Bar                                                                                | Glazed Ham<br>Scalloped Potatoes<br>Peas<br>Wheat Bread/Butter<br>Fruit Cocktail<br><br>Alternate: Turkey Roast               | Breaded Chicken Breast<br>Alfredo Fettucine<br>Steamed Broccoli<br>Banana<br>Sugar Cookie                                              | Cheeseburger With Swiss Cheese<br>Hamburger Bun<br>Tater Tots<br>Mixed Vegetables<br>Chocolate Pudding<br>Ketchup & Mustard                                                                             | Popcorn Chicken<br>Mashed Potatoes with Poultry Gravy<br>Corn<br>White Bread/Butter                                                                                   |
| 26                                                                                                                                                                  | 27                                                                                                                            | 28                                                                                                                                     | 29                                                                                                                                                                                                      | 30                                                                                                                                                                    |
| Bratwurst<br>Sauerkraut<br>Hot Dog Bun<br>Baked Beans<br>Tropical Fruit<br>Frosted Pumpkin Bar<br>Ketchup/Mustard<br><br>Alternate: Beef Hot Dog                    | Cheese Omelet<br>Cheesy Potatoes<br>English Muffin<br>Hot Sliced Apples<br>Butter/Jelly                                       | Roast Beef<br>Mashed Potatoes with Brown Gravy<br>Green Beans<br>Dinner Roll/Butter<br>Marble Cake with White Frosting                 | Chicken Breast<br>Mediterranean Sauce<br>Rotini Noodles<br>Vegetable Blend<br>Multigrain Bread/Butter<br>Fresh Cut Fruit                                                                                | Lemon Pepper Tilapia<br>Brown Rice Florentine<br>Roasted Root Vegetables<br>Mandarin Oranges<br>Cheesecake Cup<br>Tartar Sauce<br><br>Alternate: Lemon Pepper Chicken |

Meal Reservations must be made one week in advance. Please cancel meals with your site coordinator ASAP.  
Meals include 1% milk and butter when bread is served. Please inquire with program staff regarding special diets. We use fresh, light or juice packed fruits; vegetables are served without salt. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

| SENIOR NUTRITION SITES |              |                        |              |                     |              |
|------------------------|--------------|------------------------|--------------|---------------------|--------------|
| SCOTT COUNTY           |              | CARVER COUNTY          |              | DAKOTA COUNTY       |              |
| Belle Plaine           | 952-873-6311 | Chaska/Carver/Victoria | 952-297-0154 | Apple Valley        | 612-669-2910 |
| Jordan                 | 952-492-2208 | Chanhassen             | 952-442-5478 | Eagan               | 952-402-9855 |
| New Prague             | 952-492-2208 | Waconia/NYA/Cologne    | 952-442-5478 | Farmington          | 612-940-9590 |
| Prior Lake             | 612-669-2911 |                        |              | Inver Grove Heights | 612-987-9321 |
| Shakopee               | 952-402-9814 |                        |              | Lakeville           | 612-669-2913 |
|                        |              |                        |              | Mendota Heights     | 612-987-9321 |
|                        |              |                        |              | Rosemount           | 612-669-2910 |

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with MAAA-Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at 952-402-9855.