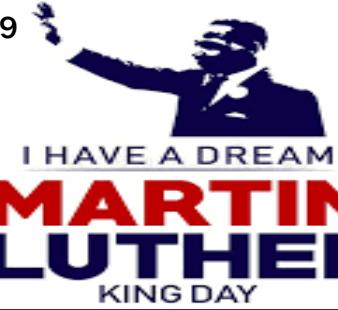





# JANUARY 2026 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED	2 Baked Chicken Drumstick California Mixed Veggies Whole Grain Rice Orange
5 Vegetable Chili Broccoli Wheat Dinner Roll Apricots	6 Pork Chili Verde Green Beans w/ Red Peppers Whole Grain Flour Tortilla Mandarin Oranges	7 Cheeseburger Tomato, Lettuce, & Onion Broccoli Salad Pineapple Tidbits	8 Chicken Meatball w/ Gravy Hi C Salad Egg Noodles Mixed Fruit	9 Breaded Fish California Mixed Veggies Whole Grain Rice Orange
12 Chicken Patty w/ Gravy Zucchini Penne Pasta Mandarin Oranges	13 Tuna Salad Sandwich on Wheat Bread Minestrone Cantaloupe Chunks	14 Beef Meatloaf w/ Gravy Italian Veggies Egg Noodles Orange	15 Ranch Beans w/ Cheese Broccoli Barley Apricots	16 Meat Stuffed Bell Peppers Peas & Carrots Quinoa Mixed Fruit
19  I HAVE A DREAM <b>MARTIN LUTHER</b> KING DAY	20 Chicken Fajitas Corn w/ Bell Pepper & Onions Whole Grain Flour Tortillas Mandarin Oranges	21 BBQ Pork Sandwich on Wheat Bread Coleslaw Pineapple Tidbits	22 Beef Salisbury Steak w/ Gravy Hi C Salad Red Potatoes Wheat Dinner Roll Diced Pears	23 Orange Chicken Broccoli Whole Grain Rice Apricots
26 Swiss Beef Patty Italian Veggies Wheat Dinner Roll Mandarin Oranges	27 Tandoori Chicken Thigh California Mixed Veggies Black Rice Cantaloupe Chunks	28 Hot Dog Broccoli Salad Diced Peaches	29 Beef & Veggie Stew Hi C Salad Wheat Dinner Roll Orange	30 Breaded Fish Brussel Sprouts Whole Grain Rice Apricots