

LUNCH MENU - JANUARY 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (January 15), you must sign up no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: \$4.00 is the suggested donation. Under Age 60: there is a \$7.00 charge for lunch. <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i> | | | 1.  ALL CENTERS CLOSED | 2. ROASTED PORK LOIN w/Dijon Cream Sauce Garlic Mashed Potatoes Okra & Tomatoes WGR White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk 838 cal |
| 5. ITALIAN SAUSAGE & CHEESE SUB w/Peppers & Onions WGR Roll Red Cabbage Slaw Fruited Yogurt Pineapple Juice 781 cal | 6. CHICKEN BREAST FRICASSEE Brown Rice Pilaf Mixed Vegetables WGR White Wheat Bread Apple Slices Grape Juice Milk 626cal | 7. SALISBURY STEAK w/Mushroom Gravy Herb Roasted Potatoes Seasoned Greens Amish Navy Bean Salad White Wheat Bread Apple Juice Milk 694cal | 8. REUBEN SAMMY CASSEROLE Zucchini & Tomatoes WGR White Wheat Bread Fruit Cocktail Grape Juice Chocolate Milk 794 cal | 14. BBQ CHICKEN SANDWICH WGR Roll Cream of Broccoli Soup w/Crackers Fresh Cole Slaw Fruited Yogurt w/Granola Apple Juice 859 cal |
| 12. SLICED HAM w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots WGR White Wheat Bread Pineapple Tidbits Fruit Punch Chocolate Milk 652 cal | 13. MARRY ME CHICKEN BREAST Lemon Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Cinnamon Apple Slices Cranberry Apple Juice Milk 638 cal | 14. TUNA SALAD SANDWICH WGR White Wheat Bread Lettuce & Tomato Lentil & Spinach Soup w/Crackers Corn & Edamame Salad Applesauce Milk 806 cal | 15. (SL) Sign up by 1/8 Cabin Fever Special Meal BROCCOLI & CHEESE STUFFED CHICKEN Mashed Potatoes w/Gravy Green Bean Casserole Apple Pie w/Whipped Cream Milk 1033 cal | 16. CREAMY CHICKEN PICCATA WGR Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk 862 cal |
| 19.  Martin Luther King Jr. Day ALL CENTERS CLOSED | 20. TUNA NOODLE CASSEROLE Chickpea & Tomato Salad WGR White Wheat Bread Hot Cinnamon Apples Tomato Juice Milk 815 cal | 21. CHICKEN BREAST w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots WGR Wheat Italian Roll Pineapple Tidbits Orange Juice Milk 672 cal | 22. MEATBALL & CHEESE SUB WGR Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk 623 cal | 23. CHICKEN ALFREDO Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt w/Granola Orange Juice 855 cal |
| 26. ROASTED PORK LOIN w/ Creamy Mushroom Sauce Garlic Mashed Potatoes German Cucumber Salad WGR Roll Sliced Apple Pack Chocolate Milk 547 cal | 27. GRILLED CHICKEN CAESAR SALAD Split Pea Soup w/Crackers WGR Cornbread Hot Spiced Apples Milk 769 cal | 28. MEATLOAF w/Gravy WGR Brown Rice Seasoned Green Beans WGR White Wheat Bread Diced Peaches Pineapple Orange Juice Milk 889 cal | 29. GREEK CHICKEN GRAIN BOWL w/Barley, Chicken, Cucumber Salad & Feta Cheese Apricot Halves Apple Juice Milk 565 cal | 30. SLICED CORNED BEEF w/Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad WGR White Wheat Bread Tropical Fruit Milk 993 cal |



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