

SENIOR NUTRITION MENU

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 TERIYAKI CHICKEN & RICE	7	8 CHILI WITH CORNBREAD	9	10
11	12	13 TURKEY CROISSANT SANDWICH	14	15 SHEPHERDS PIE	16	17
18	19	20 SPAGHETTI WITH MEAT SAUCE	21	22 BRATS & ONIONS	23	24
25	26	27 POTATO BAR	28	29 CHICKEN CAESAR SALAD	30	31