

January 2026 Seniors' CHOICE menu

Monday



Sloppy Joe - 9060
(ch b) *chicken bbq* ch7002
Peas
Chuckwagon Corn
Bun
Pears
Diet: same

12

Hamburger - 9071
(ch b) *hot deli ham* ch7005
w/ Swiss American Cheese slice
Potato Wedges
Broccoli
Bun
Pineapple Tidbits
Mustard / Ketchup
Diet: same

19

Steak Hoagie w/ Gravy - 9302
(ch b) *grilled chicken breast* ch7026
Potato Wedges
Baked Beans
Hoagie Bun
Fresh Apple
Diet: same



26

BBQ Beef - 9051
(ch b) *grilled chicken breast* ch7026
Peas & Onions
Potato Wedges
Bun
Fruit Cocktail
Diet: same

Tuesday



Popcorn Chicken Bowl - 9006
(ch b) *country fried steak w/gravy* ch7016
Mashed Potatoes w/ Cheese & Corn
Green Beans
Baked Cinnamon Apples
Biscuit & Margarine
Diet: same

13

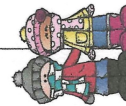
Roast Turkey w/Gravy - 9005
(ch b) *country fried steak w/gravy* ch7054
Mashed Potatoes
Vegetable Medley
Apricots
Wheat Bread (2 slices)
Margarine
Diet: same

20

Meatloaf w/ Gravy - 9072
(ch b) *roast turkey w/ gravy* ch7002
Mashed Potatoes
Carrots
Peaches
Wheat Bread (2 slices)
Margarine
Diet: same

27

Roast Pork Loin w/ Gravy - 9115
(ch b) *chicken w/gravy* ch7008
Brown Rice
Vegetable Medley (2 servings)
Applesauce
Wheat Bread / Margarine
Diet: same



Wednesday



Lemon Pepper Fish - 9033
w/ Tartar Sauce
(ch b) *chicken tenders* ch7009
Brown Rice
Scandinavian Veggies (2 servings)
Fruit Cocktail
Wheat Bread / Margarine
Margarine

14

Beef Vegetable Teriyaki - 9037
(ch b) *orange chicken* ch7071
Brown Rice
Oriental Stir Fry Vegetables
Broccoli
Baked Cinnamon Apples
Dinner Roll / Margarine
Diet: same

21

Hawaiian Pineapple Ham - 9094
(ch b) *pineapple topped chicken* ch7013
Roasted Sweet Potatoes
Peas
Fruit Cocktail
Wheat Bread (2 slices)
Margarine
Diet: same

28

Chicken Tenders - 9061
(ch b) *baked fish* ch7048
Brown Rice
Green Beans
Carrots
Fruit Cocktail
Wheat Bread / Margarine
Diet: same

Thursday



Salisbury Steak w/ Mushroom Gravy - 9029
(ch b) *chicken w/gravy* ch7008
Parslaid Potatoes
Mixed Vegetables
Pineapple Tidbits
Wheat Bread (2 slices)
Margarine
Diet: same

15

Chicken & Potato Casserole - 9315
(ch b) *roast beef & gravy* ch7025
California Blend Vegetables (2 servings)
Grape Juice 100%
Wheat Bread (2 slices)
Margarine
Diet: same

22

Chicken Fajita Bowl - 9004
(ch b) *Taco Bowl* ch7010
Brown Rice
Pinto Beans
Chuckwagon Corn
Hot Apple Crumble
Corn Chips
Sour Cream
Diet: same

29

Cheese Manicotti - 9133
w/ Pesto Cream Sauce
(ch b) *spaghetti & meatballs* ch7015
Spinach
California Blend Vegetables
Peaches
Wheat Bread / Margarine (ch a only)
Diet: same



Friday

turkey Ham & Beans - 9062
(ch b) *chicken stew* ch7022
Mixed Vegetables (2 servings)
Combread
Peaches
Dinner Roll / Margarine
Diet: same

9

Orange Chicken - 9105
(ch b) *baked fish - ch7048*
Brown Rice
Green Beans
Carrots
Mandarin Oranges
Wheat Bread / Margarine
Margarine
Diet: same

16

Swedish Meatballs - 9053
(ch b) *chicken & gravy* ch7037
Egg Noodles
Broccoli
Carrots
Fruit Punch 100%
Sponge Cake
Diet: same



Happy January Birthday!

23

Italian Chicken - 9042
w/ No Salt Added Marinara
Spaghetti
(ch b) *grilled cheese sandwich* ch7063
Italian Vegetables
Peas
Mandarin Oranges
Diet: same

30

Beef Vegetable Stew - 9001
(ch b) *chicken stew* ch7022
w/ Peas, Carrots, & Red Skin Potatoes
Green Beans
Spiced Pears w/ Cranberries
Wheat Bread (2 slices)
Margarine
Diet: same