

January 2026 Menu

Lunch Served at Noon
Call ahead for to-go orders
208-879-6338

<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
		Chicken & Dumplings Fruit Salad Green Beans Brownie
Sweet & Sour Meatballs w/Rice Broccoli Banana	Navy Bean Soup Grilled Cheese Sandwich Fruit Salad Cookie	Lasagna Green Salad Mandarin Oranges Garlic Bread Pudding
Biscuits & Gravy Orange Slices Fried Potatoes	Chicken Salad Sandwich Potato Chips Fruit Cookie	Meatloaf Mashed Potatoes Mixed Vegetables Birthday Cake
Salmon Chowder Breadstick Green Salad	Tortellini Soup Banana Whole Grain Bread	Chicken Cordon Bleu Roast Potatoes Dinner Roll
Taco Salad Tortilla Chips Churro Cookie	Chicken Nuggets Mac 'n' Cheese Mixed Vegetables Banana	BLT Sandwich Hard Boiled Egg Ambrosia Salad

USDA is an equal opportunity provider
Menu subject to change

Challis Senior Citizens Center, Inc.
 695 Challis Creek Road
 PO Box 997
 Challis, ID, 83226
 208-879-6338 www.challisseniorcenter.com

Lunch Meals & Delivery are available to EICAP qualified residents.
Call EICAP to register: 208-542-8179

Lunch Suggested Donation

Seniors (60+) - \$5 suggested donation

All others (59 & younger) - \$7 suggested donation

Here are some dates to remember:

January 6th – Stretch & Balance Class at 9:30 AM

January 8th – Board Meeting at 10 AM

January 16th – Birthday Cake Day

January 20th – Stretch & Balance Class at 9:30 AM

BINGO Every Saturday 4 pm- 6 pm

Must be 18 years to play

VOLUNTEERS ALWAYS NEEDED

THANK YOU FOR YOUR SUPPORT!

Seasonal foods in January?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Garlic, green beans, broccoli, and sweet potatoes

Protein Packed Chili

- 1 pound ground beef, drained
- 1 can small red beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can crushed tomato
- 1 can (16 oz) tomato juice
- 1 cup water
- 1 tbsp ground chili powder
- 1 tsp garlic powder (or fresh)
- Salt and pepper to taste

Possible garnish: Corn chips, shredded cheese, onion, mustard, etc.

Brown ground beef, and drain. Return to a large pot and add in the rest of the ingredients. Bring to a low simmer for 10-15 minutes. Turn off, let cool for 5 minutes, and top with desired garnishes.

