

# January 2026 Menu

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

MONDAY	WEDNESDAY	FRIDAY	
			2 Chicken & Dumplings Fruit Salad Green Beans Brownie
5 Sweet & Sour Meatballs w/Rice Broccoli Banana	7 Navy Bean Soup Grilled Cheese Sandwich Fruit Salad Cookie		9 Lasagna Green Salad Mandarin Oranges Garlic Bread Pudding
12 Biscuits & Gravy Orange Slices Fried Potatoes	14 Chicken Salad Sandwich Potato Chips Fruit Cookie		16 Meatloaf Mashed Potatoes Mixed Vegetables Birthday Cake
19 Salmon Chowder Breadstick Green Salad	21 Tortellini Soup Banana Whole Grain Bread		23 Chicken Cordon Bleu Roast Potatoes Dinner Roll
26 Taco Salad Tortilla Chips Churro Cookie	28 Chicken Nuggets Mac 'n' Cheese Mixed Vegetables Banana		30 BLT Sandwich Hard Boiled Egg Ambrosia Salad

USDA is an equal opportunity provider

Menu subject to change

Lunch Meals & Delivery are available to EICAP qualified residents.

**Call EICAP to register: 208-542-8179**

Challis Senior Citizens Center, Inc.

695 Challis Creek Road

PO Box 997

Challis, ID, 83226

208-879-6338 [www.challisseniorcenter.com](http://www.challisseniorcenter.com)

**Lunch Suggested Donation**

**Seniors (60+) - \$5 suggested donation**

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

Here are some dates to remember:

**January 6<sup>th</sup> – Stretch & Balance Class at 9:30 AM**

**January 8<sup>th</sup> – Board Meeting at 10 AM**

**January 16<sup>th</sup> – Birthday Cake Day**

**January 20<sup>th</sup> – 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!**

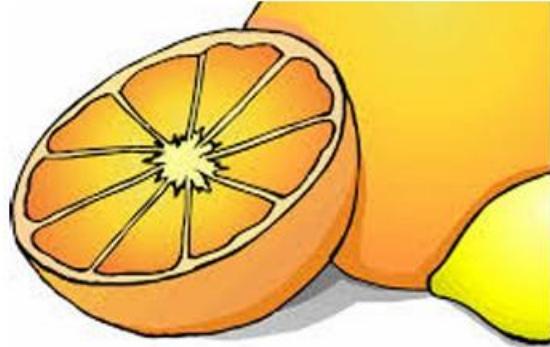
**Seasonal foods in January?**

- 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.