

SENIOR MEALS MENU – JANUARY 2026

Please choose 6 meals for each week and return to your delivery person by 12/29/2025.

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| <p>NAME: _____ Jan 5, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Western Omelet & Fruit <input type="checkbox"/> Taco Soup <input type="checkbox"/> Chicken & Sausage Pasta <input type="checkbox"/> Chicken Enchiladas & Refried Beans <input type="checkbox"/> Beef & Broccoli with Rice <input type="checkbox"/> Cajun White Fish & Roasted Root Vegetables <input type="checkbox"/> Baked Pork Chop, Mashed Potatoes & Brussels Sprouts <input type="checkbox"/> Irish Stew <input type="checkbox"/> Loaded Cobb Salad | <p>NAME: _____ Jan 12, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Biscuits & Gravy <input type="checkbox"/> Tuna Casserole <input type="checkbox"/> Cowboy Stew <input type="checkbox"/> Teriyaki Chicken, Rice & Broccoli <input type="checkbox"/> Hamburger with Potato Wedges <input type="checkbox"/> Breaded Catfish & Hushpuppies <input type="checkbox"/> Honey Mustard Pork, Red Potatoes & Green Beans <input type="checkbox"/> Creamy Parmesan Italian Sausage Soup <input type="checkbox"/> Caesar Chicken Wrap & Summer Corn Salad |
| <p>NAME: _____ Jan 19, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast Burrito & Yogurt <input type="checkbox"/> Beef & Vegetable Soup <input type="checkbox"/> Pizza Casserole with California Blend <input type="checkbox"/> Chicken Salad Sandwich & Cottage Cheese <input type="checkbox"/> Swedish Meatballs with Pasta & Green Beans <input type="checkbox"/> Honey Ginger Salmon, Red Potatoes & Asparagus <input type="checkbox"/> Jambalaya <input type="checkbox"/> Tortellini Soup <input type="checkbox"/> Mediterranean Chicken Salad | <p>NAME: _____ Jan 26, 2026</p> <ul style="list-style-type: none"> <input type="checkbox"/> French Toast Casserole <input type="checkbox"/> Cheesy Chicken Soup <input type="checkbox"/> Goulash <input type="checkbox"/> BBQ Chicken Thighs, Roasted Sweet Potatoes & Green Beans <input type="checkbox"/> Beef Stew <input type="checkbox"/> Tuna Melt with Macaroni Salad <input type="checkbox"/> Pork Stir Fry with Rice <input type="checkbox"/> Cabbage Roll Soup <input type="checkbox"/> Club Wrap with Potato Salad |

If you have any questions or need to call/text in your order,
please contact us at 219-204-1189