

# SENIOR MEALS MENU – JANUARY 2026

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

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

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