



JANUARY | 2026

HDM Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29 1 carb count = 15g of carbohydrates	30	31	1 AGEWELL CLOSED	2 Homemade Goulash Garlic Bread Brussel Sprouts Wax Beans Fruit Cup 6	Menu includes Low Fat Milk Meals include 1/3 of the Recommended Daily Allowance (RDA) <u>Meals Subject to Change</u> 1/1 AgeWell Closed 1/19 AgeWell Closed 1/28 Birthday Celebration
5 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Mandarin Oranges 4	6	7 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	8	9 Beef Stew Mashed Potato's Cali Blend Green Beans Fruited Yogurt Dinner Roll/Butter 6	
12 Swedish Meatballs Egg Noodles Spinach Pineapple tidbits Bread Pudding 7	13	14 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruit Cocktail 8	15	16 Ziti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	
19 AGEWELL CLOSED	20	21 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 5	22	23 Walking Taco Mexican rice Corn W/Peppers Fresh Fruit 7	
26 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	27	28 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit Birthday Cake 6	29	30 Pea & Ham Soup Cauliflower Corn Ambrosia 6	



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