



# JANUARY | 2026

## HDM Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>29</b> 1 carb count = 15g of carbohydrates	<b>30</b>	<b>31</b>	<b>1</b> <b>AGEWELL CLOSED</b>	<b>2</b> Homemade Goulash Garlic Bread Brussel Sprouts Wax Beans Fruit Cup 6	<b>Menu includes</b> <b>Low Fat Milk</b>  <b>Meals include 1/3</b> <b>of the Recommended Daily Allowance (RDA)</b>
<b>5</b> Polish Sausage Hot Dog Bun Sauerkraut Asparagus Mandarin Oranges 4	<b>6</b>	<b>7</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	<b>8</b>	<b>9</b> Beef Stew Mashed Potato's Cali Blend Green Beans Fruited Yogurt Dinner Roll/Butter 6	<b>Meals Subject</b> <b>to Change</b>
<b>12</b> Swedish Meatballs Egg Noodles Spinach Pineapple tidbits Bread Pudding 7	<b>13</b>	<b>14</b> Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruit Cocktail 8	<b>15</b>	<b>16</b> Ziti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	<b>1/1 AgeWell Closed</b> <b>1/19 AgeWell Closed</b> <b>1/28 Birthday Celebration</b>
<b>19</b> <b>AGEWELL CLOSED</b>	<b>20</b>	<b>21</b> Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 5	<b>22</b>	<b>23</b> Walking Taco Mexican rice Corn W/Peppers Fresh Fruit 7	
<b>26</b> Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	<b>27</b>	<b>28</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit Birthday Cake 6	<b>29</b>	<b>30</b> Pea & Ham Soup Cauliflower Corn Ambrosia 6	 231-755-0434 800-442-6769