



JANUARY | 2026

Meal Site 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 |
| 5 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Mandarin Oranges 4 | 6 Pork Chop Suey White Rice Broccoli Squash Ambrosia Wheat bread/Butter 7 | 7 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6 | 8 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5 | 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 Chicken Marsala Brown Rice Euro Blend Vegetables Zucchini Fresh Fruit 4 | 14 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruit Cocktail 8 | 15 BBQ Chicken Breast Baked Potato Coleslaw Spiced Apples 6 | 16 Ziti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6 |
| 19 AGEWELL CLOSED | 20 Homemade Macaroni & Cheese Three Bean Salad Asparagus Beets Pears 5 | 21 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 5 | 22 Meatloaf Mashed Potatoes & Gravy Peas Normandy Blend Peaches Sweet Bread/Butter 5 | 23 Walking Taco Mexican rice Corn W/Peppers Fresh Fruit 7 |
| 26 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6 | 27 Italian Chicken Breast Brown rice Green Beans Beets Mandarin Oranges Dinner Roll/Butter 6 | 28 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5 | 29 Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8 | 30 Pea & Ham Soup Cauliflower Corn Ambrosia 6 |

Menu includes
Low Fat Milk

Meals include 1/3
 of the Recommended Daily
 Allowance (RDA)

Meals Subject
 to Change

1/1 AgeWell Closed
 1/19 AgeWell Closed



231-755-0434
 800-442-6769