

# January 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  <b>Closed</b>	<b>2</b> <b>Closed</b> Wishing you a happy new year! May it be filled with new adventures and good memories.
<b>5</b> Sweet & Sour Meatballs Brown Rice Carrots	<b>6</b> Chicken Marsala Couscous Steamed Spinach	<b>7</b> Pork Chop with Salsa Verde Confetti Rice Capris Vegetables	<b>8</b> Meat Lasagna California Vegetables	<b>9</b> Turkey Spinach Salad Wheat Roll
<b>12</b> Chicken Alfredo Pasta Broccoli	<b>13</b> Salisbury Steak Mashed Potatoes Green Peas	<b>14</b> Lemon Oregano Chicken Couscous Steamed Spinach	<b>15</b> Meatballs in Marinara Pasta Italian Vegetables	<b>16</b> Tuna Sandwich Cucumber Salad Orange
<b>19</b> <b>Closed</b> 	<b>20</b> Stir Fry Chicken Brown Rice Steamed Cabbage	<b>21</b> BBQ Pulled Pork Mashed Sweet Potatoes Cauliflower	<b>22</b> Ancho Lime Chicken Cilantro Rice Corn	<b>23</b> Egg Salad Sandwich Coleslaw
<b>26</b> Chicken Picata Rice Brussels Sprouts	<b>27</b> Roast Turkey Mashed Potatoes Mixed Vegetables	<b>28</b> Mongolian Ground Beef Steamed Rice Broccoli	<b>29</b> Chicken Fajitas Black Beans Baja Vegetables	<b>30</b> Chef's Salad Turkey, Egg, Tomato Wheat Roll

Milk served at every meal



Indicates sodium above 1,000mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at [Vanh@healthylivingconsulting.net](mailto:Vanh@healthylivingconsulting.net).

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