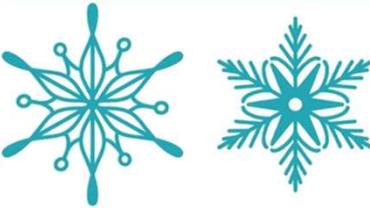
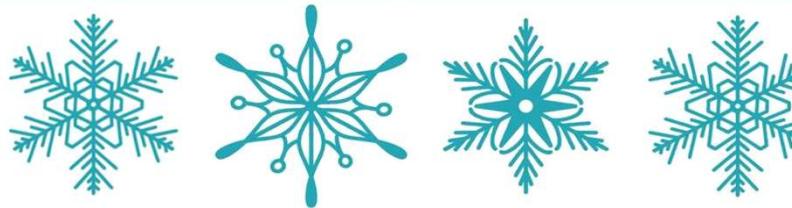


January 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Closed
5 Sweet & Sour Meatballs Brown Rice Carrots	6 Chicken Marsala Couscous Steamed Spinach	7 Pork Chop with Salsa Verde Confetti Rice Capris Vegetables	8 Meat Lasagna California Vegetables	9 Turkey Spinach Salad Wheat Roll
12 Chicken Alfredo Pasta Broccoli	13 Salisbury Steak Mashed Potatoes Green Peas	14 Lemon Oregano Chicken Couscous Steamed Spinach	15 Meatballs in Marinara Pasta Italian Vegetables	16 Tuna Sandwich Cucumber Salad Orange
19  Closed MARTIN LUTHER KING DAY	20 Stir Fry Chicken Brown Rice Steamed Cabbage	21 BBQ Pulled Pork Mashed Sweet Potatoes Cauliflower	22 Ancho Lime Chicken Cilantro Rice Corn	23 Egg Salad Sandwich Coleslaw
26 Chicken Picata Rice Brussels Sprouts	27 Roast Turkey Mashed Potatoes Mixed Vegetables	28 Mongolian Ground Beef Steamed Rice Broccoli	29 Chicken Fajitas Black Beans Baja Vegetables	30 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.

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Corona Snr Ctr 951-739-4966
Mead Valley 951-210-1587
Stratton 951-826-5355

Good Hope 951-943-9126
Murrieta 951-461-6122
Temecula 951-694-6464

Janet Goeske 951-351-8801
Norco 951-270-5647
Villegas 951-351-6142

Lake Elsinore 951-674-2526

