



January 2026 lunch menu

January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cost

Lunch is free for individuals 60 years & older. Voluntary contributions accepted, not required (\$4.00)

Reservations
To reserve lunch, call
(707) 684-4376 two business days
in advance. The menu may
change without notice.

Chicken Thigh w/Teriyaki Sauce Chef Cut Pacific Asian Slaw Brown Rice Fresh Pear	5	Sliced Roasted Turkey w/Gravy Mashed Spiced Yams Broccoli Tossed Salad w/Ranch Dressing Roll w/Butter Fresh Apple	6	Pineapple Glaze Chicken Cilantro Carrot Coleslaw Stir Fry Vegetables Brown Rice Hawaiian Roll w/Butter Sliced Peaches	7	Salisbury Steak w/Gravy Italian Vegetables Whipped Potatoes Roll w/Butter Fresh Banana	8	Breaded Fish w/Tartar Sauce Key Largo Vegetables Cream of Broccoli Soup Lyonnais Potatoes Roll w/Butter Citrus Fruit	9
Turkey Burger w/Cheese, Lettuce, Tomato, Onion, Ketchup & Mustard on Bun Green Beans/Red Peppers Sweet Potato Tots Pear	12	Chicken Cordon Bleu w/ Dijon Sauce Mixed Vegetables Garlic Whipped Potatoes Roll w/Butter Cheesecake Seasonal Fresh Fruit	13	Pork Carnitas Salsa, Onion & Cilantro Tortilla Soup Fajita Vegetables Spanish Brown Rice Citrus Fruit	14	Beef Stroganoff w/Penne Pasta Scandinavian Vegetables Fresh Orange	15	Tilapia w/Creamy Florentine Sauce Broccoli & Cauliflower Tomato Basil Soup Garlic Parmesan Rice Seasonal Fresh Fruit Pudding	16
Closed	19	Beef & Rice Stuffed Bell Peppers Brussel Sprouts Carrots Roll w/Butter Seasonal Fresh Fruit	20	Pork Loin with Rosemary Au Jus Cream of Spinach Soup Pacific Blend Vegetables Brown Rice Seasonal Fresh Fruit Brownie	21	Meatloaf w/Gravy Bean Medley Stewed Tomatoes Mashed Potatoes Roll w/Butter Seasonal Fresh Fruit	22	Citrus Basil Fish Butternut Squash Soup Grean Peas Confetti Brown Rice Fresh Orange	23
Breaded Fish Sandwich w/Cheese & Tartar Sauce On a Bun Split Pea Soup Mixed Vegetables Seasonal Fresh Fruit Lemon Cake	26	Beef Short Ribs w/Gravy Scandinavian Vegetables Mashed Potatoes Roll w/Butter Seasonal Fresh Fruit	27	Parmesan Chicken w/Marinara Sauce & Mozzarella Cheese Whole Gran Rotini Sauteed Spinach Cauliflower Fruit Cocktail	28	Ham & Cheese Frittata Savory Collard Greens Diced Red Potatoes Roll w/Butter Tropical Fruit	29	Teriyaki Chicken Thigh Egg Drop Soup Green Beans & Red Peppers Asian Brown Rice Orange Gelatin w/Mandarins	30

This kitchen prepares meals with: tree nuts (T), peanuts (P), soy (S), sesame (SE), eggs (E), milk (M), fish (F), shellfish (SF), wheat (W), and other gluten-containing products. We cannot guarantee that the menu items are allergen-free.

 Meals are typically 760 mg or less. Any meals exceeding 1,000 mg are labeled with a blue dot (•) to represent the salt intake. It is recommended to have 2,300 mg or less daily.

 All meals are served with low fat milk.

