



January 2026 lunch menu

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

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

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			Closed	Closed
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 Lyonnaise 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 Green 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 Sautéed 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.



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