

January 2026 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
			AGENCY CLOSED NEW YEAR'S DAY	Cheese Pizza Mandarin Oranges Sugar Cookie
Sausage Sandwich Tater Tots California Blend Vegetables Diced Pears	Baked Chicken Breast with Gravy Mashed Potatoes Succotash Mandarin Oranges Whole Wheat Roll	Chili Cornbread French Cut Green Beans Diced Peaches Chocolate Cake with Whipped Topping	Baked Ham Mashed Sweet Potatoes Steamed Broccoli Florets Applesauce Vanilla Pudding Whole Wheat Roll	Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Golden Fruit Parfait Chocolate Chip Cookie
Swiss Steak with Tomatoes & Onions Mashed Potatoes with Beef Gravy, Green Beans Mandarin Oranges Chocolate Pudding Whole Wheat Roll	BBQ Rib Patty Sandwich Corn Steamed Broccoli Florets Mixed Berry Blend	Breaded Chicken Nuggets with Honey Mustard Dipping Sauce Scalloped Potatoes Honey Glazed Carrots Diced Pears Graham Crackers	Meatloaf with Gravy Mashed Potatoes California Blend Vegetables Applesauce Whole Wheat Roll	Breaded Fish Filet AuGratin Potatoes Mixed Vegetables Diced Peaches Chocolate Cake with Whipped Topping
AGENCY CLOSED MARTIN LUTHER KING JR DAY	Roast Pork with Gravy Mashed Potatoes Peas & Carrots Applesauce Whole Wheat Roll	Cheese Omelet Sausage Patty Biscuit with Sausage Gravy Tater Tots Orange Juice	Hamburger on a Whole Wheat Roll Corn Steamed Broccoli Florets Fruit Cocktail	Cheese Pizza Mandarin Oranges Chocolate Chip Cookie
Meatball Sandwich Tater Tots Italian Blend Vegetables Mixed Berry Blend	Kielbasa Cabbage & Noodles California Blend Vegetables Fruit Cocktail Whole Wheat Roll	Chili Cornbread French Cut Green Beans Applesauce Chocolate Cake with Whipped Topping	Breaded Chicken Patty on a Whole Wheat Roll Parsley Potatoes Peas & Carrots Mandarin Oranges	Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Golden Fruit Parfait Graham Crackers