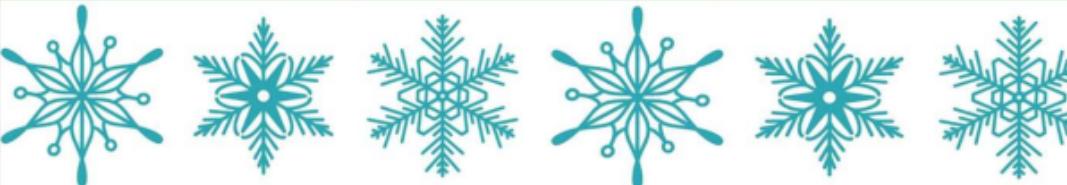


# January 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				2 Closed  Sodexo Closed  BRING YOUR OWN LUNCH
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  No Sodexo Lunch <u>Pizza Lunch Sponsored</u> <u>by Norma Shaw</u>	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](mailto:Vanh@healthylivingconsulting.net).

**Materials, products, and services are funded by the California Department of Aging in partnership with Riverside County Office on Aging.**

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