

January

2026

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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			AGENCY CLOSED NEW YEARS DAY	Chicken Alfredo Served over Bowtie Pasta Broccoli Florets Apple, Italian Bread
5	6	7	8	9
Classic Philly Cheese Steak Sandwich w/ Peppers & Onions Peas & Pearl Onions Banana	Whole Grain Spagetti in Marinara , Meatballs Lima Beans Fruit Cocktail	Sweet & Sour Chicken over Sesame Rice Oriental Vegetables Applesauce, Fortune Cookie	Sheperd's Pie (Beef w/ 4-way vegetable & whipped Potato Topping) Italian Bread & Diced Pears	Breaded Haddock on WW Bun Confetti Coleslaw Potatoes O'Brien Ice Cream
National 12 Curry Day	13	14	15	MLK 16 LUNCH
Chicken Tikka Masala (in a Sweet Tomato Sauce) Cilantro Basmati Rice Roasted Squash, Naan, Mango	Apricot Glazed Pork Garlic Mashed Potatoes Roasted Brussel Sprouts Vanilla Pudding	Creamy Tuscan Ravioli (Dried Tomatoes & Spinach) Roasted Zucchini Sliced Peaches, Garlic Bread	Deli Turkey & Swiss on Rye w/ Russian Dressing Minestrone Soup Orange	Fried Chicken Red Beans & Rice Collard Greens Sweet Potato Pie
19	20	Nat'l Clam 21 Chowder Day	22	23
CENTER IS CLOSED MARTIN LUTHER KING, JR DAY	Bleu Burger w/ Carmalized Onions on WW Bun, Tomato&Lettuce, Garlic Fries Cole Slaw, Fig Newton	New England Clam Chowder Roasted Asparagus Fresh Baked Dinner Roll Orange	Chicken Fried Steak w/ Creamy Onion Gravy, Cheesy Grits Green Beans Grapes	Homemade Stuffed Peppers (ground beef & rice), red sauce, Tossed Salad Italian Bread, Jell-O Whip
26	27	28	29	30
Kielbasa Braised Red Cabbage Boiled Baby Potatoes Cantaloupe, Dinner Roll	Cream Cheddar Potato Soup Chopped Chicken Caesar Salad w/ Croutons, Parm & Dressing, Diced Peaches	Beef Stroganoff Egg Noodles Peas & Pearl Onions Applesauce	Clams Casino Lingini (WW) Winter Vegetables Fresh Baked Bread Vanilla Pudding	Beef Chili Roasted Tex-Mex Corn Black Beans, Naan Greek Yogurt

All Meals include: Coffee, Tea, Milk  
Bread, and Margarine

RESERVATIONS MUST BE

MADE 1 BUSINESS DAY

Menus meet 1/3 of RDA  
Menu is Subject to Change

IN ADVANCE BY

12 NOON

Guest Meal  
\$7.00

Suggested Contribution:  
\$3.50 (age 60+ or spouse)

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