



# SENIOR LUNCH MENU

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 Chicken Marinara, Polenta, Italian Salad, Pineapple, Yogurt, Jello
5 Peachy BBQ Chicken, Mac n' Cheese, Zucchini, Melon	6 Eastern NC Pork BBQ, Potato Salad, Squash & Zucchini, Corn Bread, Grilled Peaches	7 Baked Ziti, Roasted Broccoli, Saltines, Oranges	8 Sloppy Beau's, Roll, Baby Lettuce Salad with Feta, Strawberries & Almonds, Saltines, Melon	9 Turkey Soup, Wild Rice, Greek Salad, Banana
12 Herb Grilled Chicken over a Cobb Salad, Dinner Roll, Peaches, Yogurt	13 Shrimp Scampi, Angel Hair Pasta, Broccoli, Saltines, Fruit Salad	14 Grilled Veggie Lasagna, Dinner Roll, Caesar Salad, Strawberries	15 Lemon Pepper Chicken, Rosemary Red Potatoes, Shaved Beet & Carrot Salad, Saltines, Oranges, Ice Cream	16 Shepherd's Pie, Dinner Roll, Garden Salad, Mixed Berries, Cookie
19 CLOSED	20 Meatloaf, Mashed Potatoes, Roasted Pear Salad, Dinner Roll, Melon	21 Chili Crusted Pork, Rosemary Potatoes, Asparagus, Dinner Roll, Oranges, Brownie	22 Chicken Parmesan with Pasta and Marinara, Dinner Roll, Broccoli, Melon, Rice Krispy Treat	23 Taco Salad, Rice, Tortilla Chips, Apple, Banana, Saltines, Sorbet
26 Sausage, Beans, & Greens Soup, Baguette, Garden Salad, Saltines, Grapes, Cookie	27 Chicken Lo Mein, Ginger Garlic Broccoli, Saltines, Oranges, Fortune Cookie	28 Mushroom Bolognese Rigatoni, Lemon Garlic Peas, Dinner Roll, Melon, Sorbet	29 Carne Asada Chicken, Cilantro Lime Rice, Pico de Gallo, Saltines, Banana, Ice Cream	30 Chicken Souvlaki, Pita Bread, Greek Salad, Melon, Pudding

## FUN FOOD FACT

Did you know....

New Year's Day food traditions focus on bringing luck, wealth, and a sweet year, often featuring foods like black-eyed peas, greens (collards, cabbage), cornbread, and pork in the American South for money and prosperity, while ring-shaped cakes/doughnuts, lentils, and fish symbolize a full, prosperous, or long life across different cultures, with many traditions centered on foods resembling coins, gold, or representing forward motion.

*All meals are served with  
Milk*

