



JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recommended donation is \$1.75 / meal.	Vegetarian options available with one week notice.	All meals served with fruit and 1% milk.	1 The Center is Closed	2 Fish Curry Potato Wedges Spinach
5 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	6 Rice with Pigeon Peas Garden Salad	7 Beef Brisket with Tomatoes and Onions Rice Spinach	8 Chicken Burger Brussel Sprouts	9 Baked Salmon Potatoes Vegetable Blend
12 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	13 General Tso's Tofu Vegetable Lo Mein Broccoli	14 Chicken Caprese Spaghetti Baby Spinach Salad	15 Stewed Pork Chops Rice Vegetable Blend	16 Coconut Breaded Fish Beet Salad
19 The Center is Closed	20 Root Vegetable Stew Beet Salad Mixed Green Salad	21 Spanish Style Roast Pork Rice Vegetable Blend	22 Baked Chicken Breasts Rice Vegetable Blend	23 Tropical Fish Mashed Potatoes Spinach
26 Baked Mushroom Chicken Rice Broccoli	27 Eggplant Parmesan Spaghetti Spinach	28 Beef Meatloaf Smashed Red Potatoes String Beans	29 Chicken Breast and Rice Tossed Salad	30 Baked Salmon Baked Potato Broccoli

January 2026 LUNCH MENU - Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.		1 The Center Is Closed.	2 Orzo Stuffed Peppers Potato Wedges Spinach
5 Vegetable Soup Breaded Eggplant Cutlets Pasta Beet Salad	6 Brown Rice with Pigeon Peas Garden Salad	7 Eggplant Parmesan Spinach	8 Sweet Potato Gumbo Brussel Sprouts	9 Chickpea and Veggie Salad Vegetable Blend
12 Tacos with Black Beans and Veggies Mixed Green Salad	13 General Tso's Tofu Vegetable Lo Mein Broccoli	14 Eggplant Parmesan Spaghetti Spinach Salad	15 Roasted Vegetable, Black Bean, and Corn Enchilada Casserole	16 Breaded Eggplant Cutlets Beet Salad
19 The Center Is Closed	20 Root Vegetable Stew Beet Salad Mixed Green Salad	21 Sweet Potato and Red Bean Chili Rice Vegetable Blend	22 Eggplant Parmesan Rice Vegetable Blend	23 Baked Ziti with Vegetables Spinach
26 Crispy Tofu and Veggie Stir-Fry Rice Broccoli	27 Eggplant Parmesan with Spaghetti Spinach	28 Curried Jamaican Stew Smashed Red Potatoes String Beans	29 Vegetable Lasagna Tossed Salad	30 Chickpea and Veggie Salad Baked Potato Broccoli