



2026

| Monday                                                                                                                      | Tuesday                                                                                                  | Wednesday                                                                                             | Thursday                                                                                      | Friday                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.           |                                                                                                          |                                                                                                       |                                                                                               |                                                                                                                                                |
| 2                                                                                                                           | 3                                                                                                        | 4                                                                                                     | 5                                                                                             | 6                                                                                                                                              |
| Lemon Pepper<br>Chicken Cesar Salad<br>w/Romaine, Arugula,<br>Pita Crisps,<br>Parmesan and Black<br>Pepper Dressing         | Mediterranean<br>Salmon Dinner<br>(Pescado)<br>Spinach<br>Chickpeas<br>Ciabatta                          | Beef Picadillo<br>con Arroz<br>Roasted Peppers<br>& Onions<br>Peas<br>Brown Rice                      | Roasted Lemon Dill<br>Chicken (Pollo)<br>Spinach<br>Roasted Potatoes<br>Couscous              | Cauliflower Romesco<br>(Tofu + Chickpeas)<br>Cauliflower Rice<br>Tomatoes, red peppers,<br>(romesco sauce) □<br>Quinoa                         |
| 9                                                                                                                           | 10                                                                                                       | 11                                                                                                    | 12                                                                                            | 13                                                                                                                                             |
| Ginger Orange Tofu<br>Buddha Bowl<br>(Tofu, Edamame)<br>Pickled Red Cabbage<br>Edamame<br>Whole Grain Yakisoba<br>Noodles □ | Turkey (pavo)<br>Cheeseburger Hash<br>(Ground Turkey)<br>Roasted Red Peppers<br>Sweet Potatoes<br>Quinoa | Fish Enchilada<br>(Pescado)<br>Corn<br>Black Beans<br>Whole Grain Tortilla □                          | Mojo Honey Pork<br>(Cerdo)<br>Fresh Broccoli □<br>Roasted Peppers<br>& Onions<br>Millet Pilaf | French Onion Chicken<br>(Pollo)<br>Spinach & Caramelized<br>Onions<br>Peas<br>Whole Grain Rotini □                                             |
| 16                                                                                                                          | 17                                                                                                       | 18                                                                                                    | 19                                                                                            | 20                                                                                                                                             |
| <b>CENTER CLOSED</b><br>                 | Pesto Chicken (Pollo)<br>Plate<br>Roma Tomatoes<br>Spinach<br>Couscous                                   | Country Style Pulled<br>Pork (Cerdo)<br>Broccoli<br>Roasted Peppers<br>& Onions<br>Whole Grain Rotini | Tofu Yakisoba<br>Roasted Sweet<br>Potatoes<br>Edamame<br>Whole Grain<br>Yakisoba Noodles      | Lemon Maple Salmon<br>(Pescado)<br>Carrots<br>Zucchini<br>Brown Rice                                                                           |
| 23                                                                                                                          | 24                                                                                                       | 25                                                                                                    | 26                                                                                            | 27                                                                                                                                             |
| Pork Carnitas<br>Avocado Salsa Verde □<br>Black Beans<br>Whole Grain Tortilla □                                             | Turkey (Pavo)<br>Meatballs Pasta<br>Marinara<br>Zucchini<br>Whole Grain Rotini                           | Yucatan Salmon<br>(Pescado)<br>Chickpeas □<br>Red Cabbage<br>Couscous □                               | Turkey (Pavo) Warm<br>Spinach Salad<br>Spinach<br>Carrots<br>Quinoa                           | Vegan Yakisoba Noodle<br>Salad<br>(Tofu + Edamame)<br>Red Bell Pepper<br>Spinach, Carrot<br>& Cabbage Blend<br>Whole Grain Yakisoba<br>Noodles |



milk and fruit served daily

1/16/2026