



2026

Monday	Tuesday	Wednesday	Thursday	Friday
Home Delivered Meals are funded in part by the Area Agency on Aging, Region One, Inc. If you need to cancel your meals, please call 888-806-2882.				
2	3	4	5	6
Lemon Pepper Chicken Cesar Salad w/Romaine, Arugula, Pita Crisps, Parmesan and Black Pepper Dressing	Mediterranean Salmon Dinner (Pescado) Spinach Chickpeas Ciabatta	Beef Picadillo con Arroz Roasted Peppers & Onions Peas Brown Rice	Roasted Lemon Dill Chicken (Pollo) Spinach Roasted Potatoes Couscous	Cauliflower Romesco (Tofu + Chickpeas) Cauliflower Rice Tomatoes, Red Peppers, (romesco sauce) Quinoa
9	10	11	12	13
Ginger Orange Tofu Buddha Bowl (Tofu, Edamame) Pickled Red Cabbage Edamame Whole Grain Yakisoba Noodles □	Turkey (pavo) Cheeseburger Hash (Ground Turkey) Roasted Red Peppers Sweet Potatoes Quinoa	Fish Enchilada (Pescado) Corn Black Beans Whole Grain Tortilla □	Mojo Honey Pork (Cerdo) Fresh Broccoli □ Roasted Peppers & Onions Millet Pilaf	French Onion Chicken (Pollo) Spinach & Caramelized Onions Peas Whole Grain Rotini □
16	17	18	19	20
Beef (Carne) Taco Salad Romain Lettuce Millet Pilaf	Pesto Chicken (Pollo) Plate Roma Tomatoes Spinach Couscous	Country Style Pulled Pork (Cerdo) Broccoli Roasted Peppers & Onions Whole Grain Rotini	Tofu Yakisoba Roasted Sweet Potatoes Edamame Whole Grain Yakisoba Noodles	Lemon Maple Salmon (Pescado) Carrots Zucchini Brown Rice
23	24	25	26	27
Pork Carnitas Avocado Salsa Verde □ Black Beans Whole Grain Tortilla □	Turkey (Pavo) Meatballs Pasta Marinara Zucchini Whole Grain Rotini	Yucatan Salmon (Pescado) Chickpeas □ Red Cabbage Couscous □	Turkey (Pavo) Warm Spinach Salad Spinach Carrots Quinoa	Vegan Yakisoba Noodle Salad (Tofu + Edamame) Red Bell Pepper Spinach, Carrot & Cabbage Blend Whole Grain Yakisoba Noodles



milk and fruit served daily

1/16/2026