

January 2026

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Years Meal (Closed) MOW Only Meatballs Black eyed peas Cornbread, Greens Margarine, Tropical fruit Mini cheesecake	2 Tikka Masala Jasmine Rice Wheat bread Green beans Apple Low fat milk Margarine
5 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit Low fat milk Margarine	6 Shepherd's pie Wheat bread Mixed vegetables Pears Low fat milk Margarine	7 Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk Margarine	8 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk Margarine	9 Quinoa Corn Cakes Wheat bread Mixed veggies Trop fruit blend Low fat milk Margarine Tofu sauce
12 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk Margarine	13 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk Margarine	14 Braised beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk Margarine	15 Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk Margarine	16 Chicken Enchilada Brown rice Mixed Vegetables Pineapple Low fat milk
19 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	20 Mediterranean chicken Rice Bread Garden vegetable blend Papaya/mango Low fat milk Margarine	21 Meatloaf Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk Margarine	22 Chicken Pasta/veggies Wheat bread Veggie in pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk Margarine	23 Paprika Chicken Mashed potatoes Wheat bread Green beans/carrots Peaches cup Low fat milk Margarine
26 Salisbury steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk Margarine	27 Chicken noodle soup Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk Biscuit	28 Roasted Turkey Mashed potatoes Wheat bread Broccoli/cauliflower/carrot blend Trop. Fruit salad Low fat milk Margarine	29 Potato Crusted Pollack Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk Margarine	30 Tikka Masala Jasmine Rice Wheat bread Green beans Apple Low fat milk Margarine