

# January 2026

# Meal Calendar

# Dexter Senior Center

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