

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED NEW YEAR'S HOLIDAY	2 3 OZ BAKED SALMON 1 OZ LEMON SAUCE 4 OZ ROASTED POTATOES 4 OZ SONOMA BLEND VEG 4 OZ MANDARIN ORANGES
5 3 OZ CHICKEN DIVAN 4 OZ ROASTED RED POTATOES 4 OZ BEETS 4 OZ PEARS	6 AMERICAN CHOP SUEY 6 OZ ELBOW NOODLES 4 OZ BOLOGNES SAUCE 4 OZ MIXED VEGETABLES 1 CORNBREAD MUFFIN 4 OZ PINEAPPLE	7 3 OZ ROASTED CHICKEN 2 OZ MUSHROOM GRAVY 4 OZ RICE PILAF 4 OZ GREEN BEANS 1 ORANGE	8 3 OZ SALISBURY STEAK 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 4 OZ CHOCOLATE PUDDING 4 OZ FRUIT JUICE	9 8 OZ CHICKEN CHILI 4 OZ MIXED VEGETABLES 1 CORN MUFFIN 1 APPLE
12 3 OZ BREADED TILAPIA 4 OZ SWEET POTATOES 4 OZ SPINACH 4 OZ PINEAPPLE	13 CHICKEN PICCATA 3 OZ CHICKEN 1 OZ LEMON BUTTER & CAPER SAUCE 4 OZ BROWN RICE 4 OZ CALI BLEND VEGETABLES 4 OZ FRUIT COCKTAIL	14 4 OZ BEEF STROGANOFF 4 OZ BUTTERED NOODLES 4 OZ GREEN BEANS 4 OZ SPICED APPLES	15 3 OZ PORK ROAST 3 OZ APPLE SAGE STUFFING 4 OZ SWEET POTATOES 4 OZ BRUSSELS SPROUTS 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE	16 8 OZ CHEESE LASAGNA 4 OZ WINTER BLEND VEG 1 BREAD STICK 4 OZ FRUIT COCKTAIL
19 CLOSED MARTIN LUTHER KING DAY	20 3 OZ CHICKEN CORDON BLEU 4 OZ ROASTED RED POTATOES 3 OZ BEETS 4 OZ PEARS	21 8 OZ STUFFED CABBAGE CASSEROLE 4 OZ CARROT COINS 4 OZ PEACH SHORTCAKE	22 FISH & CHIPS 3 OZ BREADED FISH 4 OZ FRENCH FRIES 4 OZ BAKED BEANS 4 OZ COLE SLAW 1 BANANA	23 8 OZ BEEF STEW 4 OZ PEAS AND CARROTS 1 BISCUIT 4 OZ APPLE CRISP
26 3 OZ BAKED CHICKEN 2 OZ FLORENTINE SAUCE 4 OZ RICE PILAF 4 OZ SCANDINAVIAN VEG 4 OZ MANDARIN ORANGES	27 3 OZ SWISS STEAK 2 OZ TOMATO GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ FRUIT COCKTAIL	28 BIRTHDAY LUNCHEON 3 OZ CHICKEN PARMESAN 4 OZ PENNE NOODLES 4 OZ ITALIAN BLEND VEG 1 GARLIC KNOT 4 OZ FRUIT JUICE 1 SLICE BIRTHDAY CAKE	29 3 OZ MEATLOAF 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ BLUEBERRY APPLE CRISP	30 PULLED PORK SANDWICH 3 OZ PULLED PORK 1 WHEAT ROLL 4 OZ POTATO WEDGES 4OZ COLE SLAW 4 OZ PEACHES

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.

Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE
 CONGREGATE DINERS PLEASE CALL THE ESTUARY RESERVATION LINE AT 860-388-1611 X216 BEFORE 11am
HOMEBOUND CLIENTS PLEASE CALL LAURA AT 860-388-1611 X217

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES - CERTIFIED BY LAURA ROBBINS, RDN
 8 oz. - 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted
(Menu subject to change without notice)