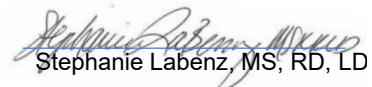


January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
TO ORDER A MEAL OR CANCEL A MEAL, CALL 641-792-7102 DO NOT TEXT THIS NUMBER.		MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS *MEMORIALS	1 Happy New Year!!	2 Beef Roast w/ Vegetables Roll Berries Cookie Bar
				
			CLOSED	
5 Cook's Choice Chicken Strips Mashed Potatoes Apricots Chocolate Pudding	6 Ham Balls Parmesan Sweet Potatoes Carrots Pineapple	7 Beef Barley Soup 1/2 Grilled Cheese Sandwich Tossed Salad Peaches	8 Baked Swiss Chicken Rice Pilaf Green Beans Apple	9 Fish Potatoes & Onions Cabbage Au Gratin Banana
12 Goulash Soup Green Beans Peaches Brookie	13 Herb Chicken Potato Salad Harvard Beets Diced Pears	14 Spaghetti w/ Meat Sauce Broccoli Applesauce Hot Chocolate Mousse	15 Roast Beef Mashed Potatoes w/ Gravy Butternut Squash Fruit Cocktail Apple Crisp	16 Sesame Chicken Breast Fruit Rice Asian Slaw Pineapple
Martin Luther King Jr. Day				
19 Cheeseburger on Bun Tri Tator Tots Carrots Fruit Cocktail	20 Herbed Baked Fish Macaroni and Cheese Brussels Sprouts Strawberries	21 Hamburger Steak Mashed Potatoes w/ Gravy Mixed Vegetables Peaches	22 BBQ Rib Patty Sweet Potatoes & Apples Broccoli Banana	23 Baked Enchilada Spanish Rice Corn Blueberries
26 3 Bean Soup w/Ham Cabbage, Carrots, & Onion Cornbread Raisins Apple Crisp	27 Beef Pot Pie Creamy Coleslaw Blush Cinnamon Pears Dessert	28 Chicken Parmesan Sandwich Baked Potato Tossed Salad Mandarin Oranges	29 Ginger Caramel Pork Loin Candied Sweet Potatoes Peas Banana	30 Tuna Casserole Green Beans w/ Onions Cottage Cheese & Apricots

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


 Stephanie Labenz, MS, RD, LD