

# January 2026

## Elder Services of Worcester Area Nutrition Program

MENU SUBJECT TO CHANGE

### **Thursday 1st**

#### NEW YEAR'S DAY

No Meal Served

### **Friday 2d**

#### **Garlic Brown Sugar Chicken**

Lemon Seasoned Potatoes

Roasted California Vegetables

Fresh Fruit

Whole Wheat Bread

### **Monday 5th**

#### **Beef Bourguignon**

Garlic Mashed Potatoes

Peas & Mushrooms

Lorna Doone Cookies

Italian Bread

### **Tuesday 6th**

#### **Chicken Stir-Fry**

Rice Pilaf

Roasted Broccoli

Fresh Fruit

Pumpernickel Bread

### **Wednesday 7th**

#### **Vegetable Cheese Bake**

Red Bliss Potatoes

Mixed Vegetables

Chocolate Pudding

Whole Wheat Bread

### **Thursday 8th**

#### **Bahn Mi Pork with BBQ Sauce**

Carrots

Coleslaw

Baked Cinnamon Pears

Sandwich Roll

Mayo

### **Friday 9th**

# January 2026

## Elder Services of Worcester Area Nutrition Program

**Lentil Stew with Cheddar Cheese**

Steamed White Rice

Jardiniere Vegetables

Fruited Ambrosia

Marble Rye

**Monday 12th****Ziti with Meat Sauce**

Broccoli & Red Peppers

Baked Apples

Italian Bread

**Tuesday 13th****Beef with Onions & Peppers**

Herb Potatoes

Peas & Carrots

Rice Krispie Treat

Pumpnickel Bread

**Wednesday 14th****Roast Pork with Gravy**

Cranberry Stuffing

Roasted Brussels Sprouts

Pear Crisp

Whole Wheat Bread

**Thursday 15th****Chicken Cranberry Salad**

Pasta Salad

Tomato & Onion Salad

Fresh Fruit

Hot Dog Bun

**Friday 16th****Bean & Cheese Enchilada**

Brown Rice

Chuckwagon Corn

Pineapple

Pita Bread

Sour Cream

**Monday 19th**

# January 2026

## Elder Services of Worcester Area Nutrition Program

### MARTIN LUTHER KING DAY

No Meal Served

#### Tuesday 20th

##### **Lasagna & Meatballs**

Marinara Sauce

Roasted Broccoli & Carrots

Fresh Fruit

Italian Bread

#### Wednesday 21st

##### **Chicken Fajitas**

Spanish Rice

Black Beans & Corn

Pineapple

Pita Bread

Sour Cream

#### Thursday 22d

##### **Vegetarian Chili with Cheese**

Roasted Potatoes

Country Blend Vegetables

Birthday Cake

Marble Rye Bread

#### Friday 23rd

##### **Fish with Crumb Topping**

Au Gratin Potatoes

Mixed Vegetables

Tropical Fruit

Pumpnickel Bread

Tartar Sauce

#### Monday 26th

##### **Shepherd's Pie**

Carrots

Peas

Fresh Fruit

Marble Rye Bread

#### Tuesday 27th

##### **Buttermilk Chicken**

# January 2026

## Elder Services of Worcester Area Nutrition Program

Herbed Stuffing  
Roasted California Veg.  
Tapioca Pudding  
Whole Wheat Bread

### **Wednesday 28th**

#### **Potato with Chili & Cheese**

Roasted Broccoli  
Chocolate Mousse  
Pumpernickel Bread  
Sour Cream

### **Thursday 29th**

#### **Hot Dog on Bun**

Baked Beans  
Coleslaw  
Baked Apples  
Mustard

### **Friday 30th**

#### **Beef Stew**

White Rice  
Corn Niblets  
Fruited Ambrosia  
Biscuit