

# January 2026

## Lindon Active Agers

Please Call 24 hours in advance 801-769-8625

### Alternate Meal Schedule (Senior Center Lunches Only)

#### Turkey Sandwich with Soup:

Jan 5-6 Chicken Noodle

Jan 7-9 Cream of Broccoli

#### Salad:

Jan 2

Jan 12-16

Jan 26-30

Monday	Tuesday	Wednesday	Thursday	Friday
Low fat milk (12) is provided with each meal  <b>Suggested contribution \$4/meal</b>	Menu subject to change  Number in parentheses represent carbohydrate count		1  	2 <b>Sloppy Joe (0)</b> Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese with Fruit (19)
<b>5 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Jell-O with Fruit (14)	<b>6 Beef Taco Salad (05)</b> Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	<b>7 Kalua Pork (00)</b> Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)	<b>8 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Fruit Cocktail (28)	<b>9 Teriyaki Beef Bowl (8)</b> Steamed Rice (21) Steamed Broccoli (04) Mandarin Oranges (11) Fresh Baked Roll (16)
<b>12 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Apple (28)	<b>13 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	<b>14 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Corn (14) Fresh Baked Roll (15) Fruit Cocktail (14) Green Salad (02)	<b>15 Chicken Pot Pie (40)</b> Fresh Baked Biscuit (25) Sliced Peaches (18) Fresh Baked Brownie (23)	<b>16 Garlic Roasted Beef (00)</b> and Herb Mashed Potatoes with Gravy (25) Peas (06) Apple (28) Fresh Baked Roll (16)
<b>19</b> <b>Martin Luther King Day</b> <b>NO MEAL</b>	<b>20 Beef Stroganoff over Rice (34)</b> Carrots (06) Apple Crisp (67) Garden Green Salad (02)	<b>21 Biscuit (25) and Sausage Gravy (14)</b> Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)	<b>22 Chicken Parmesan with Marinara Sauce and Spaghetti (30)</b> Green Beans (02) Pears (19) Chocolate Chip Cookie (18)	<b>23 Beef and Vegetable Stew (14)</b> Garden Salad (02) Corn Bread (33) Apple Sauce (14)
<b>26 Honey Baked Ham (02)</b> Scalloped Potatoes (13) Diced Beets (06) Diced Peaches (19) Fresh Baked Roll (15)	<b>27 Three Bean Beef Chili (3)</b> Carrots (18) Corn Bread (28) Fresh Apple (25)	<b>28 Orange Chicken (42)</b> Brown Rice (21) Stir Fry Veggie (08) Tropical Fruit (14) Fortune Cookie (10) Fresh Baked Roll (15)	<b>29 Swedish Meatballs (39)</b> Quinoa (21) California Blend Veggies (06) Apple Sauce (28) Fresh Baked Roll (16)	<b>30 BBQ Chicken (03)</b> Au Gratin Potato (19) Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)