

**MAG**

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**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

Jan 19-20 Chicken Noodle



Jan 21-23 Cream of Potato

Salad:

Jan 2

Jan 12-16

Jan 26-30

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