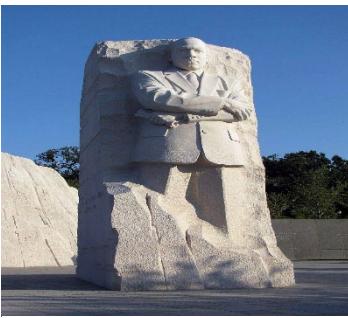


NAME: \_\_\_\_\_ TELEPHONE #: \_\_\_\_\_  
**January 2026** **Montgomery County** **CONGREGATE**

*All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>AGE-FRIENDLY MONTGOMERY</b> A COMMUNITY FOR A LIFETIME</p>		 <p>Welcome 2026 May this year bring you lots of happiness!</p>	<p>1) <b>NEW YEAR'S DAY</b> <b>CLOSED</b></p>	<p>2)  <b>HOT:</b> Chicken Fajitas w/ Peppers, Spanish Rice, Black Beans &amp; Corn, Mexican Zucchini, Tortilla, Yogurt, Juice  <b>COLD:</b> Roast Beef &amp; American Cheese, Mustard, Mayo, Cole Slaw, Marinated Broccoli, Sandwich Roll, Yogurt, Juice  <b>VEG:</b> Vegan Chick'n Fajitas w/ Peppers, Spanish Rice, Black Beans &amp; Corn, Mexican Zucchini, Tortilla, Yogurt, Juice</p>
<p>5)  <b>HOT:</b> Pork Tenderloin w/ Gravy, Mashed Potatoes, Sautéed Kale w/ Onions, Mixed Veggies, Roll, Butter, Milk, Orange  <b>COLD:</b> Turkey Breast &amp; Pepper Jack, Sandwich Bread, Mustard, Mayo, Sliced Beets, Potato Salad, Milk, Orange  <b>VEG:</b> Teriyaki Tofu, Mashed Potatoes, Sautéed Kale w/ Onions, Mixed Veggies, Roll, Butter, Milk, Orange</p>	<p>6)  <b>HOT:</b> Fish Tacos w/ Salmon &amp; Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice  <b>COLD:</b> Chicken Salad, Spinach Salad w/ Grapes &amp; Feta, Corn &amp; Pepper Salad, Pita Bread, Yogurt, Juice  <b>VEG:</b> Marinated Tofu Tacos &amp; Salsa, Spanish Rice, Black Beans, Green Salad, Tortilla, Yogurt, Juice</p>	<p>7)  <b>HOT:</b> Roast Chicken Thigh, Baby Baked Potatoes, Italian Mixed Veggies, Caesar Salad, Roll, Butter, Milk, Fruit Cocktail  <b>COLD:</b> Dilled Egg Salad, Sandwich Bun, Caesar Salad, Cole Slaw, Milk, Fruit Cocktail  <b>VEG:</b> Gnocchi w/ Chickpeas &amp; Bechamel Sauce, Italian Mixed Veggies, Caesar Salad, Roll, Butter, Milk, Fruit Cocktail</p>	<p>8)  <b>HOT:</b> Salisbury Steak w/ Gravy, Mashed Potatoes, Cucumber &amp; Onion Salad, Sautéed Mushrooms w/ onions, Parker House Roll, Butter, Yogurt, Juice  <b>COLD:</b> Herb Roasted Chicken Legs, Potato Salad, 3-Bean Salad, Parker House Roll, Butter, Yogurt, Juice  <b>VEG:</b> Veggie, Cheese, &amp; Lentil Stuffed Pepper, Mashed Potatoes, Cucumber &amp; Onion Salad, Sautéed Mushrooms w/ onions, Parker House Roll, Butter, Yogurt, Juice</p>	<p>9)  <b>HOT:</b> Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches  <b>COLD:</b> Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, Pita, Milk, Diced Peaches  <b>VEG:</b> Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches</p>

<p><b>12)</b>  <u><b>HOT:</b></u> Teriyaki Chicken Legs, Brown Rice, Sautéed Kale w/ Tomato &amp; Onion, Stir Fry Veggies, Cornbread, Milk, Apple    <u><b>COLD:</b></u> Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Cole Slaw, Cornbread, Milk, Apple    <u><b>VEG:</b></u> Teriyaki Vegan Chick'n Breast, Ketchup, Brown Rice, Sautéed Kale w/ Tomato &amp; Onion, Stir Fry Veggies, Cornbread, Milk, Apple</p>	<p><b>13)</b>  <u><b>HOT:</b></u> BBQ Pulled Beef, Bun, BBQ Sauce, Baby Baked Potatoes, Cole Slaw, Sliced Carrots. Yogurt, Juice    <u><b>COLD:</b></u> Tuna Salad Stuffed Tomato, Pita, Potato Salad, Cucumber Salad, Sliced Beets, Yogurt, Juice    <u><b>VEG:</b></u> Vegan_BBQ Pulled Beef, Bun, BBQ Sauce Baby Baked Potatoes, Cole Slaw, Sliced Carrots. Yogurt, Juice</p>	<p><b>14)</b>  <u><b>HOT:</b></u> Chicken Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli, Garlic Roll, Milk, Orange   <u><b>COLD:</b></u> Ham &amp; Swiss, Bread, Mustard &amp; Mayo, 3-Bean Salad, Marinated Broccoli, Sliced Carrots, Milk, Orange  <u><b>VEG:</b></u> Vegan Chick'n Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli, Garlic Roll, Milk, Orange    <b>***BIRTHDAY CUPCAKE***</b></p>	<p><b>15)</b>  <u><b>HOT:</b></u> Beef Chill w/ Beans, Baby Potatoes, Green Salad, Cornbread, Butter, Yogurt. Juice    <u><b>COLD:</b></u> Salmon Pasta Salad, Cucumber Salad, Sliced Beets, Cornbread, Yogurt, Juice    <u><b>VEG:</b></u> Veggie Chill w/ Beans, Baby Potatoes, Green Salad, Cornbread, Butter, Yogurt. Juice</p>	<p><b>16)</b>  <u><b>HOT:</b></u> Lemon Pepper Flounder w/ Penne Pasta &amp; White Sauce, Sautéed Kale, Cauliflower, Roll, Butter, Milk, Pear    <u><b>COLD:</b></u> Grilled Chicken Strips, BBQ Sauce, Caesar Salad, Carrot Raisin Salad, Cornbread, Butter, Milk. Pear    <u><b>VEG:</b></u> Vegan Meat Balls w/ Penne Pasta &amp; White Sauce, Sautéed Kale, Cauliflower, Roll, Butter, Milk, Pear</p>
<p><b>19)</b>  <b>MLK DAY</b>  <b>CLOSED</b></p> 	<p><b>20)</b>  <u><b>HOT:</b></u> No Salt Old Bay Flounder w/ Lemon Dill Sauce, Rice Pilaf, Sliced Carrots, Mashed Cauliflower, Yogurt, Juice    <u><b>COLD:</b></u> Pesto Chicken Salad, Pasta Salad, Marinated Tomato Salad, Sliced Carrots, Roll, Butter, Yogurt, Juice    <u><b>VEG:</b></u> Tofu &amp; Black Bean Sauce, Rice Pilaf, Sliced Carrots, Mashed Cauliflower, Yogurt, Juice</p>	<p><b>21)</b>   <u><b>HOT:</b></u> BBQ Pork Tenderloin, Rice Pilaf, Green Peas, Cole Slaw, Cornbread, Butter, Milk, Orange    <u><b>COLD:</b></u> Dilled Egg Salad, Sandwich Bun, Caesar Salad, Cole Slaw, Milk, Cinnamon Applesauce    <u><b>VEG:</b></u> Vegan BBQ Chick'n, Rice Pilaf, Green Peas, Cole Slaw, Cornbread, Butter, Milk, Orange</p>	<p><b>22)</b>  <u><b>HOT:</b></u> Shredded Beef Stroganoff, Buttered Egg Noodles, Spinach, Cole Slaw, Roll, Butter, Juice, Yogurt    <u><b>COLD:</b></u> Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Cornbread, Butter, Juice, Yogurt    <u><b>VEG:</b></u> Vegan Beef Stroganoff, Buttered Egg Noodles, Spinach, Cole Slaw, Roll, Juice, Yogurt</p>	<p><b>23)</b>  <u><b>HOT:</b></u> Chicken Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Veggies, Green Salad, Milk. Banana   <u><b>COLD:</b></u> Bacon, Lettuce, &amp; Tomato (BLT), Bread, Orzo Pasta Salad, Carrot-Raisin Salad, Milk, Banana    <u><b>VEG:</b></u> Vegan Chick'n Pot Pie w/ Biscuit, Lima Beans, Pacific Mixed Veggies, Green Salad, Milk. Banana</p>
<p><b>26)</b>  <u><b>HOT:</b></u> Meatloaf, Mashed Potatoes w/ Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple     <u><b>COLD:</b></u> Peas &amp; Penne w/ Grilled Pork, Cucumber Salad, Marinated Broccoli, Roll, Butter, Apple, Milk    <u><b>VEG:</b></u> Vegan Meatloaf, Mashed Potatoes w/ Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple</p>	<p><b>27)</b>  <u><b>HOT:</b></u> Lemon-Parsley Fettuccine Pasta w/ Grilled Chicken, Corn, California Veggies, Roll, Butter, Yogurt, Juice    <u><b>COLD:</b></u> Roast Beef &amp; Provolone, Mayo &amp; Mustard, Greek Potato Salad (No Mayo), 3-Bean Salad, Green Salad, Bun, Yogurt, Fruit    <u><b>VEG:</b></u> Lemon-Parsley Fettuccine Pasta w/ Vegan Grilled Chick'n, Corn, California Veggies, Roll, Butter, Yogurt, Juice</p>	<p><b>28)</b>   <u><b>HOT:</b></u> Italian Sausage, Baked Beans, Peas &amp; Carrots, Roll, Butter, Milk, Orange    <u><b>COLD:</b></u> Lime-Dill Rotini w/ Grilled Chicken, Sliced Beets, Carrot-Raisin Salad, Roll, Butter, Milk, Banana    <u><b>VEG:</b></u> Stir Fried Tofu &amp; Veggies, Rice Pilaf, Peas &amp; Carrots, Roll, Butter, Milk, Banana</p>	<p><b>29)</b>  <u><b>HOT:</b></u> Roast Chicken Drumsticks, Wild Rice Pilaf, Collard Greens, Corn, Roll, Butter, Yogurt, Juice    <u><b>COLD:</b></u> Krab &amp; Pasta Salad, 3-Bean Salad, Corn &amp; Pepper Salad, Roll, Butter, Yogurt, Juice    <u><b>VEG:</b></u> Roast Vegan Chick'n Breast, Wild Rice Pilaf, Collard Greens, Corn, Roll, Butter, Yogurt, Juice</p>	<p><b>30)</b>  <u><b>HOT:</b></u> Broiled Tilapia w/ White Sauce, Whipped Sweet Potatoes, Sautéed Kale, Caesar Salad, Roll, Butter, Milk. Peaches    <u><b>COLD:</b></u> Curry Chicken Salad, Marinated Broccoli, Marinated Tomatoes, Bun, Butter, Milk, Peaches    <u><b>VEG:</b></u> Vegan BBQ Meatballs, Whipped Sweet Potatoes, Sautéed Kale, Caesar Salad, Roll, Butter, Milk. Peaches</p>

NUTRITION NOTE: FOCUS ON MINDFUL BALANCED EATING! NO EXTREME DIETING; 3 BALANCED MEALS, REGULAR MOVEMENT