







Siskiyou Senior Nutrition  
(530) 926-4611

# January 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>PLEASE NOTE</u> MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				 <p><i>CLOSED</i></p>
<p>Lunch Served M - Th 11:45 - 12:15</p> 	<p>5</p> <p><b>Veggie Tortellini</b> w/ marinara Garden Salad Fruit Cocktail Garlic Bread</p>	<p>6</p> <p><b>Fish &amp; Chips</b> (Sweet potato fries) Coleslaw Tartar Sauce Banana WW Roll</p>	<p>7</p> <p><b>Turkey Chili</b> Spinach Salad w/egg &amp; mandarins Fruit Cocktail Cornbread</p>	<p>8</p> <p><b>Veggie Frittata</b> Roasted Red Potato Apple Banana Bread</p>
<p>WG - Whole Grain WW - Whole Wheat ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</p>	<p>12</p> <p><b>Ground Beef Soft Taco</b> on a corn tortilla Lettuce, Onion, Tomato Black Beans Spanish Brown Rice Sour Cream &amp; Salsa Orange</p>	<p>13</p> <p><b>Turkey Pot Pie Casserole</b> w/mixed veggies Green Beans Tangerine *WW Roll</p>	<p>14</p> <p><b>Beef Meatloaf</b> Mashed Red Potatoes Peas &amp; Carrots Apple WW Roll</p>	<p>15</p> <p><b>Split Pea Soup</b> 1/2 Grilled Cheese Sandwich on WG Bread Orange</p> 
 <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>19</p>  <p><b>CLOSED</b></p>	<p>20</p> <p><b>Chicken Enchilada Casserole</b> Spanish Rice Mexi Corn w/ Black Beans Salsa Apple</p>	<p>21</p> <p><b>Baked Chicken</b> Mixed Veggies Berries &amp; Bananas WW Roll</p>	<p>22</p> <p><b>Chef Salad</b> w/ Ham &amp; Turkey Tropical Fruit WW Roll</p>
<p>Suggested Contribution</p> <p><b>SITE SENIOR \$4.00</b> <b>HOMEBOUND SENIOR \$4.00</b> <b>NON-SENIOR: UNDER 60 \$10.00</b></p> <p>There is no obligation to contribute. A contribution is purely voluntary. No eligible participant will be denied service because of failure or inability to contribute.</p>	<p>26</p> <p><b>Pork Verde</b> Over Brown Rice Mexi Slaw Pear</p>	<p>27</p> <p><b>Hungarian Goulash</b> Brown Rice Carrots Strawberries</p>	<p>28</p> <p><b>Beef Stew</b> w/ Carrots and Potatoes Fruit Cocktail Cornbread Muffin</p>	<p>29</p> <p><b>Turkey w/ Gravy</b> Over Mashed Red Potatoes Peas &amp; Carrots Mandarins &amp; Tropical Fruit WW Roll</p>