

January 2026 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc


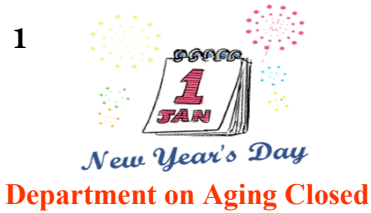

Sylva 631-8044

Cashiers 745-6856

Senior Café - Reservations & Cancellations required by 3pm one day in advance

Sylva 631-8045

Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
				
			 <p>Department on Aging Closed</p>	
5 Turkey Pot Pie Long Grain White Rice Fried Okra Banana Wheat Roll Milk	6 Hamburger Steak w/ Gravy Green Beans Potato Salad Warm Baked Apples Wheat Roll Milk	7 Rstd Chicken Breast Black Eyed Peas Baked Mac n Cheese Mandarin Oranges Wheat Roll Milk	8 Swedish Meatballs w/Gravy On Egg Noodles Corn Tossed Salad Hot Blueberry Crisp Roll Milk	2 Chef Salad w/Ham & Turkey Dressing pkt Crackers Potato Salad Cottage Cheese & Fruit Orange juice & Milk
12 Chicken Cordon Bleu Oven Roasted Potatoes arm Spiced Apples Strawberry Spinach Salad Garlic Texas Toast Milk	13 Pepper Steak w/Gravy Rice Pilaf Broccoli Roll Carrot Cake w/Cream Cz Frosting Milk	14 BBQ Glazed Meatloaf On top Egg Noodles Green Peas Wheat Roll Baby Carrots Sugar Cookie Fresh Orange Milk	15 Chicken Tenders Cauliflower Au Gratin Green Beans Wheat Roll Milk Orange juice	16 Baked Pork Chop Glazed baby carrots Yellow squash casserole Creamy southern slaw Wheat dinner roll Grapes Pound cake Milk
19  <p>Department on Aging Closed</p>	20 Crab Cakes on top Ratatouille Buttered Corn Warm Blueberry Cobbler Breadstick Banana Milk	21 Breaded Cod Fillet Hamburger Bun Steamed Veggies Oven roasted potatoes Pudding Parfait Fresh Orange Milk	22 Fried Chicken Thigh Home Fries Turnip Greens Cornbread Mandarin Oranges Milk	23 BBQ Pork Platter Hamburger Bun Corn o'Brien Warn baked apples BBQ coleslaw Milk
26 Spaghetti w/Meatsauce Baby Carrots Zucchini Milk Banana Pudding Garlic Breadstick	27 Roasted Pork Loin w/Gravy Lima Beans Honey Glazed Carrots Cornbread Milk Fresh Apple Orange juice	28 Country Fried Chicken Mashed Potatoes Green Beans Warm Spiced Apples Wheat Roll Milk	29 Cornmeal breaded Catfish Baked Potato Warm diced Beets Fresh Orange Milk	30 Bkd Turkey Breast Over Rstd Potatoes Calif. Veggie Blend Warm Beets Fruit Cocktail Roll 2 Cookies Milk