



Each meal costs \$6. A voluntary contribution of any amount toward that cost is appreciated. No senior age 60+ is denied a meal due to inability to contribute. Individuals under 60 must contribute full cost.		Meals are served weekly at each Senior Center on the following schedule: Monday – Emmitsburg Tuesday – Brunswick Wednesday – Frederick Thursday -- Urbana	
Monday	Tuesday	Wednesday	Thursday
Reservations must be made at least two business days in advance to guarantee a meal. Same day reservations will be accepted if meals are available.			1 CLOSED FOR NEW YEAR'S DAY
5 Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw Fruited Yogurt Crisp garnish Cookie	6 Chicken Breast Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Snack Pack	7 Salisbury Steak with Mushroom Gravy Roasted Potatoes Seasoned Greens Amish White Bean Salad	8 Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail Chocolate Milk
12 Sliced Ham with Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Chocolate Milk	13 "Marry-Me" Chicken Breast Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices Pudding	14 Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce	15 Broccoli/Cheese Stuffed Chicken Mashed Potatoes with Gravy Green Bean Casserole Apple Pie
19 CLOSED FOR MARTIN LUTHER KING JR. DAY	20 Tuna Noodle Casserole Chickpea & Tomato Salad Hot Cinnamon Apples	21 Chicken Breast with Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits	22 Meatball & Cheese Sub Meatballs On an Italian Roll Seasoned Green Beans Mandarin Oranges
26 Roasted Pork Loin with Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes Dinner Roll Sliced Apple Snack Pack Chocolate Milk Cookie	27 Split Pea Soup Cracker Pack Chicken Caesar Salad Cornbread Loaf Hot Spiced Apples	28 Classic Meatloaf with Gravy Seasoned Green Beans Brown Rice Diced Peaches	29 Greek Chicken Grain Bowl: (Pearled Barley Diced Chicken Greek Salad Feta Cheese) Apricot Halves

January 2026

Lunch Bunch Menu

