

**Annandale Community and Health Services –  
Annandale Care Center, Centennial Villa, Assisted Living, Pleasant Vista**

**JANUARY 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1  <b>Breakfast:</b> Sausage Egg Bake <b>Lunch:</b> Glazed Pork Loin -OR- Chicken Alfredo Bake <b>Dinner:</b> Beef Roast -OR- Chicken Alfredo Bake	2  <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Fish Sandwich -OR- Egg Salad Sandwich <b>Dinner:</b> Cheese Ravioli with Mariana Sauce -OR- Egg Salad Sandwich	3  <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Chicken Wild Rice Hotdish -OR- Tuna Salad Sandwich <b>Dinner:</b> Vegetable Beef Soup -OR- Tuna Salad Sandwich	4  <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Swedish Meatballs -OR- Hot Dog on a Bun <b>Dinner:</b> Popcorn Chicken Bowl -OR- Hot Dog on a Bun
5  <b>Breakfast:</b> Pumpkin Pancakes <b>Lunch:</b> Turkey Cutlet with Mushroom Sauce -OR- Warm Turkey & Cheese Croissant <b>Dinner:</b> Ham and Potato Soup -OR- Warm Turkey & Cheese Croissant	6  <b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Brown Sugar Glazed Pork Chop -OR- White Chicken Chili <b>Dinner:</b> Meatloaf -OR- White Chicken Chili	7  <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Chicken Drumsticks -OR- Deli Sandwich <b>Dinner:</b> BBQ Pulled Pork Mac and Cheese -OR- Deli Sandwich	8  <b>Breakfast:</b> Ham and Cheese Quiche <b>Lunch:</b> Shredded Beef French Dip Sandwich -OR- Baked Ziti <b>Dinner:</b> Country Fried Chicken -OR- Baked Ziti	9  <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Three Cheese Flatbread Pizza -OR- Egg Salad Sandwich <b>Dinner:</b> Tuna Noodle Casserole -OR- Egg Salad Sandwich	10  <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Beef Stroganoff -OR- Tuna Salad Sandwich <b>Dinner:</b> Chicken Cordon Bleu Hotdish -OR- Tuna Salad Sandwich	11  <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Creamy Turkey Wild Rice Soup -OR- Hot Dog on a Bun <b>Dinner:</b> Sweet and Sour Meatballs -OR- Hot Dog on a Bun
12  <b>Breakfast:</b> Strawberry Shortcake Pancakes <b>Lunch:</b> Sloppy Joe's -OR- Warm Ham & Cheese Croissant <b>Dinner:</b> Corn Chip Chicken -OR- Warm Ham & Cheese Croissant	13  <b>Breakfast:</b> Sausage, Egg & Cheese Croissant <b>Lunch:</b> Ham Mac & Cheese Bake -OR- Chili <b>Dinner:</b> Brat Burger on a Bun -OR- Chili	14  <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Beef Stew -OR- Deli Sandwich <b>Dinner:</b> Creamy Chicken Noodle Soup -OR- Deli Sandwich	15  <b>Breakfast:</b> Biscuits and Gravy Egg Bake <b>Lunch:</b> Turkey Pot Pie with Flaky Crust -OR- Chicken Alfredo Bake <b>Dinner:</b> Cheeseburger Hotdish -OR- Chicken Alfredo Bake	16  <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Marinated Shrimp -OR- Egg Salad Sandwich <b>Dinner:</b> Cheese Lasagna -OR- Egg Salad Sandwich	17  <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Teriyaki Glazed Pork Loin -OR- Tuna Salad Sandwich <b>Dinner:</b> Beef Enchiladas -OR- Tuna Salad Sandwich	18  <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Spaghetti & Meatballs -OR- Hot Dog on a Bun <b>Dinner:</b> Honey Mustard Chicken Sandwich -OR- Hot Dog on a Bun
19  <b>Breakfast:</b> Chocolate Chip Pancakes <b>Lunch:</b> BBQ Beef on a Bun -OR- Warm Ham & Cheese Croissant <b>Dinner:</b> Oven Roasted Chicken Thighs -OR- Warm Ham & Cheese Croissant	20  <b>Breakfast:</b> Canadian Bacon, Egg & Cheese Croissant <b>Lunch:</b> Ham and Scalloped Potatoes -OR- Chili <b>Dinner:</b> Salisbury Steak -OR- Chili	21  <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Chicken & Dumplings -OR- Deli Sandwich <b>Dinner:</b> Roasted Turkey -OR- Deli Sandwich	22  <b>Breakfast:</b> Quiche Lorraine <b>Lunch:</b> Pork Chop in Mushroom Gravy -OR- Chicken Alfredo Bake <b>Dinner:</b> Beef Chow Mein Hotdish -OR- Chicken Alfredo Bake	23  <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Cheese Ravioli Alfredo with Shrimp -OR- Egg Salad Sandwich <b>Dinner:</b> Cheesy Broccoli Soup -OR- Egg Salad Sandwich	24  <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Italian Pulled Pork Sandwich -OR- Tuna Salad Sandwich <b>Dinner:</b> Eggs Benedict Casserole -OR- Tuna Salad Sandwich	25  <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Chicken Salad Wrap -OR- Hotdog on a Bun <b>Dinner:</b> Goulash -OR- Hot Dog on a Bun
26  <b>Breakfast:</b> Pancakes <b>Lunch:</b> Honey Glazed Ham -OR- Warm Turkey & Cheese Croissant <b>Dinner:</b> Stuffed Pepper Soup -OR- Warm Turkey & Cheese Croissant	27  <b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Balsamic Chicken -OR- White Chicken Chili <b>Dinner:</b> Turkey Tetrazzini -OR- White Chicken Chili	28  <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Beef Roast -OR- Deli Sandwich <b>Dinner:</b> Smothered Pork Chops -OR- Deli Sandwich	29  <b>Breakfast:</b> Western Egg Bake <b>Lunch:</b> Turkey Broccoli Casserole -OR- Baked Ziti <b>Dinner:</b> Taco in a Bag -OR- Baked Ziti	30  <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Tomato Basil Soup -OR- Egg Salad Sandwich <b>Dinner:</b> Glazed Salmon -OR- Egg Salad Sandwich	31  <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Hamburger Gravy Over Mashed Potatoes -OR- Tuna Salad Sandwich <b>Dinner:</b> Stuffing Topped Chicken -OR- Tuna Salad Sandwich	