

# MCOA&CS January 2026 Menu - Nyssa

Nyssa Senior Cener - 316 Good Ave., Nyssa, OR - (541) 372-5660

Lunch is Served from 12:00 pm to 1:00 pm; Seniors 60 & older, no charge; 59 & younger, \$5.00/meal

Tuesday, January 6, 2026	Thursday, January 8, 2026	Tuesday, January 13, 2026
Soup of the Day - 1 Bowl Baked Pork Roast - 3 oz. Mashed Potatoes - 4 oz. Gravy - 4 oz Hot Vegetable - 8 oz.  Dessert: Cupcakes - 1 ea. Milk/Coffee/Water	Salad w/Dressing - 6 oz. & 1 oz. Beef Fajitas - 6 oz. Spanish Rice - 4 oz. Hot Vegetables - 8 oz. Tortillas - 2 ea.  Dessert: Brownies 1 ea. Milk/Coffee/Water	Soup of the Day - 1 bowl BBQ Chicken - 3 oz. Au Gratin Potatoes - 3 oz. Hot Vegetables - 8 oz. Roll - 1 ea.  Dessert: Fruit Bar - 1 ea. Milk/Coffee/Water

Thursday, January 15, 2026	Tuesday, January 20, 2026	Thursday, January 22, 2026
Salad w/Dressing - 6 oz./1 oz. Spaghetti - 1/2 c. Meat Sauce - 1/2 c. Hot Vegetables - 8 oz. Cheesy Garlic Bread - 1 slice  Happy Birthday Cake!!! Milk/Coffee/Water	Soup of the Day - 1 bowl Baked Ham - 3 oz Apple Dressing - 4 oz Ham Gravy - 4 oz Hot Vegetables - 8 oz Dinner Rolls Dessert: Bread Pudding - 4 oz Milk/Coffee/Water	Salad w/ Dressing - 6 oz. & 1 oz. Chicken Quarters - 1 ea. Mashed Potatoes - 4 oz. Hot Vegetables - 8 oz Wheat Bread - 2 slices  Dessert: Apple Pie - 1 piece Milk/Coffee/Water

Tuesday, January 27, 2026	Thursday, January 29, 2026	
Soup of the Day - 1 bowl Beef Stir Fry - 6 oz Steamed Rice - 4 oz. Hot Vegetables - 8 oz Dinner Roll - 1 ea.  Dessert: Peach Cobler 1 ea. Milk/Coffee/Water	Cabbage Salad - 8 oz Tuna Noodle Casserole - 8 oz. Hot Vegetables - 8 oz Wheat Bread - 2 slices  Dessert: Cookies - 2 ea. Milk/Coffee/Water	