

MCOA&CS January 2026 Menu - Vale

Vale Senior Center - 100 Longfellow St. S, Vale, OR - (541) 473-3185

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

Monday, January 5, 2026	Wednesday, January 7, 2026	Monday, January 12, 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

Wednesday, January 14, 2026	Monday, January 19, 2026	Wednesday, January 21, 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	No Meal Martin Luther King Day	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

Monday, January 26, 2026	Wednesday, January 28, 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	