

January 2026 Lunch Menu



COMMUNITY ACTION OF NAPA VALLEY

Meals on Wheels
938 Kaiser Rd.,
Napa, CA 94558

www.canv.org

PLEASE CALL (707) 253-6100 Ext. 111 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source Denotes sodium > 1000mg </p>			<p>1</p> <p>Tarragon Chicken Country Corn Broccoli* Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>2</p> <p>New Year's Day Meal Ham & Black-Eyed Peas Whipped Potatoes* Collard Greens*** Whole Grain Dinner Roll Fresh Pear Milk</p>	<p>3</p> <p>Honey Mustard Chicken Breast Hashbrown Potatoes Green Beans Whole Grain Hamburger Bun Fresh Orange* Milk</p>	<p>4</p> <p>Beef/Turkey Taco Meat Cilantro Brown Rice Pinto Beans Hot Cinnamon Applesauce* Milk Taco Sauce</p>
<p>5</p> <p>Chicken Chili Whole Kernel Corn Green Beans w/Carrots** Whole Grain Dinner Roll Fresh Orange* Milk</p>	<p>6</p> <p>Pork Stir Fry** <i>(Mixed Vegetables in Entrée)</i> Brown Rice Broccoli* Fresh Apple Milk</p>	<p>7</p> <p>Harvest Chicken Salad** Whole Grain Roll Mandarin Oranges, 4.5 oz* Milk Ranch Salad Dressing (2)</p>	<p>8</p> <p>Salisbury Steak w/ Brown Gravy Whipped Potatoes* Mixed Vegetable Blend** Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>9</p> <p>Creamy Chickpea Tikka Brown Rice Lentil Vegetable Pilaf Cauliflower* Applesauce, 4.5 oz Milk</p>	<p>10</p> <p>Beef Tips w/Gravy Whipped Potatoes* Green Beans Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>11</p> <p>Mozzarella Chicken Green Peas Tuscany Vegetable Blend** Fresh Orange* Milk</p>
<p>12</p> <p>Sloppy Joe Tater Tots Broccoli* Whole Grain Hamburger Bun Fresh Apple Milk</p>	<p>13</p> <p>Chicken Noodle Bake <i>(WG Pasta in Entrée)</i> Collard Greens*** Applesauce, 4.5 oz Milk</p>	<p>14</p> <p>Taco Seasoned Chickpeas Brown Rice Southwest Corn* Spanish Carrots** Fresh Orange* Milk</p>	<p>15</p> <p>Onion Smothered Beef  Whipped Sweet Potatoes*** Green Beans Whole Grain Dinner Roll Fresh Apple Milk</p>	<p>16</p> <p>Parmesan Breaded Tilapia WG Macaroni & Cheese Green Peas Fresh Orange* Milk</p>	<p>17</p> <p>Egg Patty  Breakfast Turkey Sausage Patty Hashbrown Potatoes Whole Wheat English Muffin Applesauce, 4.5 oz* Milk Grape Jelly</p>	<p>18</p> <p>Smothered Chopped Steak Brown Rice Brussels Sprouts* Carrots** Fresh Apple Milk</p>
<p>19</p> <p>Rosemary Chicken Breast Whipped Potatoes* Green Beans Whole Grain Dinner Roll Tropical Fruit, 4.5 oz* Milk Closed for Holiday</p>	<p>20</p> <p>Beef/Turkey Southwestern Stew California Vegetable Blend** WG Tortilla Chips Fresh Orange* Milk</p>	<p>21</p> <p>Tuscan Chicken Meatballs Whole Grain Pasta Florentine** Cauliflower* Fresh Apple Milk</p>	<p>22</p> <p>BBQ Pork Riblet Hawaiian Baked Beans Dilled Carrots** Whole Grain Hamburger Bun Applesauce, 4.5 oz* Milk</p>	<p>23</p> <p>Tofu Fried Rice Edamame Japanese Vegetable Blend Fresh Orange* Milk</p>	<p>24</p> <p>Breaded Chicken Hashbrown Potatoes Broccoli* Fresh Apple Milk BBQ Sauce</p>	<p>25</p> <p>Turkey Taco Meat Brown Cilantro Lime Rice Pinto Beans Hot Cinnamon Applesauce* Milk Taco Sauce</p>
<p>26</p> <p>Oven Fried Chicken Thigh Garlic Whipped Potatoes* Garden Vegetable Blend** Whole Grain Dinner Roll Pears, 4.5 oz* Milk</p>	<p>27</p> <p>Beef Patty Hashbrown Potatoes Whole Grain Hamburger Bun Fresh Orange* Milk Ketchup</p>	<p>28</p> <p>Chef Salad** <i>Chicken, Turkey, Egg, Cheese in Salad</i> <i>Mixed Lettuce in entrée</i> Whole Grain Dinner Roll Tropical Fruit, 4.5 oz* Milk Ranch Salad Dressing (2) Margarine</p>	<p>29</p> <p>Mongolian Chicken Brown Rice Broccoli* Fresh Apple Milk</p>	<p>30</p> <p>Cheesy Potato Soup* Capri Vegetable Blend** Whole Wheat Bread Hot Cinnamon Applesauce* Milk</p>	<p>31</p> <p>Beef Noodle Bake <i>(WG Pasta in entrée)</i> Brussels Sprouts* Hot Pineapple Tidbits Milk</p>	