

Breckenridge Monthly Meal Menu for January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.		01) Happy New Year! Closed	02) Turkey Rice Soup Egg salad Fruit cup Cake
05) Chicken strips Country fried steak Mashed potato/gravy Carrots Pudding/topping	06) Meatballs Baked ham Au gratin potatoes Steamed broccoli Cake	07) Chef salad Spaghetti with meat sauce Wax beans Bread stick Mandarin oranges	08) Liver & Onions Oven fried chicken Mashed potato/gravy Mixed vegetables Blushing pears	09) Bean & ham soup Sandwich Salad Dessert
12) Hamburger Chicken /bun Baked beans Potato salad Pudding/topping	13) Salmon loaf Meatloaf Mashed potato/gravy Baked squash Wipped jell-o	14) Chicken alfredo Goulash Corn Bread stick Fruit	15) Chicken Pork Roast Boiled potato/gravy Carrots Fruit crisp	16) Chicken Noodle Sandwich Fruit cup Cookie
19) Beef Stew Chicken gravy over Biscuit Corn Mashed potatoes Cookie	20) Liver & Onions Swiss steak Baked potato Stewed tomatoes Chocolate pudding	21) Swedish meatballs Roast beef Mashed potato/gravy Carrots Dessert	22) Polish sausage BBQ chicken Yams Green beans Cake	23) Chilli Muffin Fruit Juice Pudding/topping
26) Country fried steak Salisbury steak Mashed potato/gravy Steamed broccoli Rice krispy bar	27) Turkey Ham Scalloped potatoes Beets Warm cinnamon apples	28) Taco Salad Chicken Chow Main White rice Egg roll Mandarin oranges	29) Pork Chop Baked fish Baked potato Cremed peas/carrots Lemon Fluff	30) Kneophilia Soup Sandwich Salad Dessert

Meals are served with low fat milk, bread, and margarine

Please call by 8:00 AM with any changes or leave a message on machine. Phone # 218-643-5730