

# January 2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| Allergy information available upon request.  |   |                             | January 1<br><i>New Year's Day</i><br>Program Closed   | January 2<br>Chicken with Gravy<br>Mashed Potato<br>Corn<br>Fig Newtons                                     |
| <b>January 5</b><br>Potato Encrusted Cod over brown rice<br>Carrot Coins<br>Brussel Sprouts<br>Cookie        | <b>January 6</b><br>Roast Pork Loin with Gravy<br>Baked Potato<br>Broccoli<br>Macintosh Apple                               | <b>January 7</b><br>Turkey & Cheese Sub<br>3 Bean Salad<br>Country Style Cucumbers<br>Blueberries and Cream   | <b>January 8</b><br>Beef with Peppers over whole wheat pasta<br>Lima Beans<br>Dinner Roll<br>Cake                      | <b>January 9</b><br>Meatloaf with Gravy<br>Mashed Potatoes<br>Peas and Carrots<br>Mixed Melon Cup           |
| <b>January 12</b><br>Three Cheese Quiche<br>Warm Beets<br>Steamed spinach<br>Fresh Banana                    | <b>January 13</b><br>American Goulash<br>Baby Carrots<br>Sugar Snap Peas<br>Fruited Gelatin                                 | <b>January 14</b><br>Broccoli Alfredo over Penne Pasta<br>Buttered Peas<br>Dinner Roll<br>Fig Newtons         | <b>January 15</b><br>Chicken Breast over Stuffing with Gravy<br>Baked Potato<br>Broccoli<br>Tropical Fruit Salad       | <b>January 16</b><br>Hearty Beef stew<br>Winter Blend Veggies<br>Dinner Roll<br>Red Delicious Apple         |
| <b>January 19</b><br><b>Martin Luther King Jr Day</b><br>Program Closed                                      | <b>January 20</b><br>Cheeseburger on a Bun<br>Baked Beans<br>Mixed Veggies<br>Banana  | <b>January 21</b><br>Macaroni and Cheese<br>Capri Blend Veggies<br>Broccoli Florets<br>Strawberries and cream | <b>January 22</b><br>BBQ Pulled Pork on a Bun<br>Green Beans<br>Warm Beets<br>Cinnamon Apple Sauce                     | <b>January 23</b><br>Beef Bolognese over whole wheat pasta<br>Collard Greens<br>Dinner Roll<br>Pear Slices  |
| <b>January 26</b><br>Chicken Salad on a bed of Spinach<br>Country Style Cucumber<br>Macaroni Salad<br>Cookie | <b>January 27</b><br>Rosemary Chicken Breast with Gravy over Rice<br>Sugar Snap Peas<br>Dinner Roll<br>Cinnamon Apple Sauce | <b>January 28</b><br>Hot Dog with Meat Sauce<br>Black Beans<br>Buttered Corn<br>Chocolate Pudding             | <b>January 29</b><br>Chicken Cacciatore over whole wheat pasta<br>Mixed Veggies<br>Wax Beans<br>Pineapple and Cherries | <b>January 30</b><br>Sloppy Joe on a Bun<br>Oven Brown Potato<br>French Cut Green Beans<br>Mandarin Oranges |

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357

QUESTIONS/CONCERNS - CALL 518-746-2286

**Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-746-2357**  
Menus subject to change.

## January Nutrition News

### **Vitamin D and Winter Wellness**

Written by Stacey Barcomb, Nutrition Services Coordinator

As the days grow shorter and temperatures get cooler, many people find themselves spending less time outside. While staying warm and cozy inside may be nice, less time in the sun can lead to a drop in vitamin D levels. Vitamin D also known as the “sunshine vitamin” is critical role in our overall health and well-being. Vitamin D promotes strong bones and teeth, it strengthens our immune system and helps regulate our moods. Our bodies produce vitamin D when our skin is exposed to sunshine and during the winter many of us have very limited access to the sun which can lead to a vitamin D deficiency.

Common symptoms of possibly vitamin D deficiency could include:

- Fatigue or low energy levels
- Muscle weakness or aches
- Mood changes, including increased feelings of sadness or depression
- Frequent illness or infections
- Bone and joint pain

How can we increase our vitamin D levels this winter?

1. When it is possible spend time in the sun.
2. Eat foods rich in Vitamin D such as fatty fish, like salmon or mackerel, egg yolks, beef liver, mushrooms or fortified foods like cereal, milk and orange juice.
3. Talk with your doctor about a vitamin D supplement.

Resources: uclahealth.org, National Institutes of Health