

# January 2026



Sun

Mon

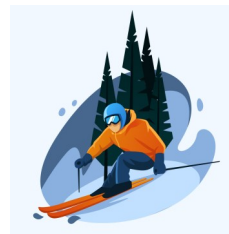
Tue

Wed

Thu

Fri


Sat



Suggestions? Email Brenda!  
brenda.fontaine@northcountryhealth.org



Weeks Medical Center

<b>Food Allergy? Ask one of our staff about the ingredients in your meal!</b> <i>Please Note - Items/Meals on this menu are subject to change without notice</i> <i>(v) = Vegetarian</i>		<b>Consumer Advisory: We want to remind you that the consumption of raw or undercooked items may result in foodborne illness. “*” are items that may be undercooked.</b>			1  <i>Chef's Choice</i>	2  <i>Chef's Choice</i>	3  <i>Chef's Choice</i>
4  <i>Chef's Choice</i>	5 Cheddar Broccoli Pasta Bake (v) \$4.50 Beef Stew with a Biscuit \$5.50	6 Southern Day \$7.50/plate	7 Cowboy Casserole \$5.50 Grilled Caprese Sandwich w/ Tomato Soup (v) \$5.50	8 Stuffed Peppers \$5.50 Chicken Avocado Melt \$6.50	9 Teriyaki Beef Tips* over Rice <i>Market Price</i> Veggie Stir Fry over Rice (v) \$4.00	10  <i>Chef's Choice</i>	
11  <i>Chef's Choice</i>	12 Cajun Chicken Alfredo \$6.50 Chili with Cornbread \$6.50	13 Stuffed Pork Loin w/ Potato & Veggie \$7.50 Cheese Ravioli (v)	14 Chicken Pot Pie \$5.50 Veggie Pot Pie (v) \$4.50	15 Mediterranean Plate (v) \$6.50 Grilled Sirloin* with Mashed Potato <i>Market Price</i>	16 Spaghetti & Meatballs w/ Garlic Bread \$6.00 Crispy Chicken Sandwich \$5.50	17  <i>Chef's Choice</i>	
18  <i>Chef's Choice</i>	19 French Dip Sandwich \$5.50 Popcorn Chicken w/ Fries \$5.50	20 Bacon Cheeseburger* w/ Fries \$6.50 Vermont Panini \$5.50	21 Pot Roast Dinner \$6.50 Mac & Cheese (v) \$5.50	22 Chicken Parm w/ Garlic Bread \$6.50 Eggplant Parm w/ Garlic Bread (v) \$4.50	23 Haddock Sandwich \$6.50 Grilled Flank Steak* w/ Potato & Veggie \$7.50	24  <i>Chef's Choice</i>	
25  <i>Chef's Choice</i>	26 Veggie Lasagna (v) \$4.50 Meat Lasagna \$5.50	27 Taco Bar \$5.50	28 \$0.50 Wing Day Jambalaya \$5.50	29 Hot Honey Chicken Sandwich \$5.50 Steak* Caesar Wrap \$6.50	30 Grilled Chicken w/ Mashed Potato & Veggie \$6.50 Loaded Veggie Baked Ziti (v) \$4.50	31  <i>Chef's Choice</i>	