





## Senior Nutrition Program      Noon Meal Menu –February 2026

**Serving all 17 counties. Subject to change.** *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Community Cafe unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
2) 3/4 C Tuna Noodle Casserole 1/2 C Buttered Carrots 1/2 C Fruit Wheat Bread	3) 3 oz Andy's Meatloaf Ketchup 1/2 C Mashed Potatoes 1 oz Gravy 1/2 C Green Beans 1/2 C Fruit Wheat Roll Butter	4) <b>Cook's Choice</b> 3 oz Goulash 1 C Big Bowl of Tuscan Greens Dressing Pumpnickel Bread 4 oz Cranberry Juice 1 M & M Cookie <b>Nutritionals not available</b>	5) 5 oz Ham & Potato Au Gratin 1/2 C Mixed Vegetables Biscuit 1/2 C Mixed Fruit	6)  <b>All Community Cafes in this menu area will be closed.</b>  <b>No Home Deliveries</b>
9) Beef Enchilada Casserole Picante Sauce 1/2 C Rice & Beans 1/2 C Tossed Salad w/ Dressing 1/2 C Mandarin Oranges	10) Salisbury Steak 1/2 C Mashed Potatoes 1/2 C Four Way Mixed Vegetables 1/2 C Strawberry Applesauce 2 sl. WW Bread	11) 3 oz Herbed Baked Pollock Tartar Sauce 1/2 C Brown Rice Pilaf 1/2 C Spinach and Onion 1/2 C Pears Wheat Roll Butter	12) 3 oz Chicken Fettuccine 1/2 C Pasta 1 C Big Bowl of Tuscan Greens 2 tbs Dressing 1/2 C Cherry 1Crisp Breadstick	13)  <b>All Community Cafes in this menu area will be closed.</b>  <b>No Home Deliveries</b>
16) <b>President's Day</b>  <b>All Community Cafes in this menu area will be closed.</b>  <b>No Home Deliveries</b>	17) 3 oz Pot Roast 1/2 C Roasted Red Potatoes 1/2 C Buttered Carrots Wheat Roll Frosted Cake Butter	18) 5 oz Ham & Beans 1 C Big Bowl of Tuscan Greens 2 T Dressing 1/2 C Peaches Cornbread	19) Beef Lasagna 1/2 C Italian Green Beans 1/2 C Orange/Pineapple Cup Garlic French Bread	20)  <b>All Community Cafes in this menu area will be closed.</b>  <b>No Home Deliveries</b>
23) 3 oz Country Fried Steak 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Pickled Beets 1/2 C Applesauce Wheat Roll	24) Tater Tot Casserole 1/2 C Green Peas 1/2 C Ambrosia 2 sl. WW Bread Butter	25) 3 oz Open Faced Turkey Sandwich 2 oz Gravy 1/2 C Mashed Potatoes w/Gravy 1/2 C Roasted Brussel Sprouts Apple Crisp	26) <b>Cook's Choice</b> 3 oz Andy's Meatloaf Ketchup 1/2 C Mashed Potatoes 1 oz Gravy 1/2 C Bacon Broccoli Salad Wheat Roll Butter Brownie <b>Nutritionals not available</b>	27)  <b>All Community Cafes in this menu area will be closed.</b>  <b>No Home Deliveries</b>
		<p><i>Happy Presidents Day</i></p> 	<p><b>Menus Are Subject to Change</b> <b>Nutritional's:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.</p>	<p><b>Carbohydrate Education</b> information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, &amp; 1 slice of margarine.</p>

Please Call for required reservations 1-2 days in advance. Contact your Community Café or call 563-484-3108.

