







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+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2) 1/2 C BBQ Pulled Pork on Bun 1/2 C Broccoli* 1/2 C Cinnamon Baked Pears | 3) 3/4 C Tuna Noodle Cass. 1/2 C Buttered Carrots 1/2 C Fruit Wheat Bread | 4) Cook's Choice With Dessert  Nutritionals not available | 5) 5 oz Ham & Potato Au Gratin 1/2 C Mixed Vegetables Biscuit 1/2 C Mixed Fruit | 6) 3 oz Meatloaf 1/2 C Mashed Potatoes 1 oz Gravy 1/2 C Green Beans* 1/2 C Fruit Wheat Roll |
| 9) Beef Enchilada Casserole 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 Applesauce 2 sl. WW Bread | 11) 3 oz Herbed Baked Pollock* 1/2 C Brown Rice Pilaf 1/2 C Spinach and Onion 1/2 C Pears Wheat Roll | 12) 3 oz Chicken Fettuccine 1/2 C Pasta 1 C Tossed Green Salad 2 tbs Dressing 1/2 C Peach Crisp Breadstick | 13) 3 oz Loose Meat Sandwich on Bun 1/2 C Potato Salad 1/2 C Seasoned Peas 1/2 C Fruit |
| 16) President's Day All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options | 17) 3 oz Pot Roast 1/2 C Roasted Red Potatoes 1/2 C Buttered Carrots Wheat Roll Frosted Cake | 18) 5 oz Ham & Beans 1 C Tossed Salad 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) 3 oz Roasted Turkey 2 oz Gravy 1/2 C Mashed Sweet Potatoes 1/2 C Cauliflower w/ Parsley Pumpkin Bar Wheat Roll |
| 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 | 25) 3 oz Herbed Pork Loin 1 oz Gravy 1/2 C Rice Pilaf 1/2 C Four Way Mixed Veggies 1/2 C Chilled Pineapple | 26) Cook's Choice With Dessert  Nutritionals not available | 27) 3 oz Open Faced Turkey Sandwich 2 oz Gravy 1/2 C Mashed Potatoes w/Gravy 1/2 C Roasted Brussel Sprouts* Apple Crisp |
|  | | <i>Happy Presidents Day</i>  | Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+. *Dine-In Choices not available in all areas. **For Cooks Reference. | Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine. |

Please Call for required reservations 1-2 days in advance.