



Senior Nutrition Program

February, 2026

Monday	Tuesday	Wednesday	Thursday	Notes
2 Cheeseburger Sweet Potato Fries Broccoli Applesauce Bun	3 Chicken Strips Tater Tots Asian Vegetables Pears Bread	4 Spaghetti & Meatballs Italian Vegetables Side Salad Pineapple Italian Bread	5 Beef Stew Cole Slaw 100% Fruit Juice Cornbread	<p><i>Please let us know, in advance, if you will <u>not</u> be home on a scheduled delivery day, so we can minimize food waste.</i></p>
9 Fish French Fries German Cut Vegetables Fruit Cocktail Bun	10 Swedish Meatballs, Diced Potatoes Carrots Tropical Fruit Bread	11 Chicken Nuggets Roasted Red Potatoes Capri Blend Vegetables Apricots Bread	12 Sandwich Spread Potato Salad Pickled Beets 100% Fruit Juice Bun	
16 Presidents' Day *No Meal Delivery*	17 Hot Dog Sauer Kraut Mashed Potatoes Pears Bun	18 Mac & Cheese Peas Stewed Tomatoes Mandarin Oranges	19 Big Mac Salad with Ground Beef, Cheese, Pickles, Onions 100% Fruit Juice Crackers	<p>All meals include choice of bread (white or wheat), milk (2%, skim, or buttermilk) or fruit juice.</p> <p>You may request an alternative entrée or side (Cook's Choice) for any meal by providing at least one week's notice to the kitchen.</p>
23 Egg with Cheese & Sausage Prince William Blend Veggies Potato Triangle Tropical Fruit Biscuit	24 Cook's Choice	25 Homemade Hamburger Helper Mashed Potatoes Brussels Sprouts Apricots Bread	26 Chili Cole Slaw 100% Fruit Juice Cornbread	<p>Please refrigerate your meal if it will not be consumed upon delivery. If your meal is not consumed within 2 days of delivery, please discard.</p>

Contact Us: Central Kitchen at 740-922-6347 or the Nutrition Administrative Office at 740-922-6880