

February 2026 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe on a Whole Wheat Roll Tater Tots Steamed Broccoli Florets Diced Peaches	3 Roast Turkey with Gravy Mashed Potatoes Honey Glazed Carrots Cranberry Juice Whole Wheat Roll	4 Hot Dog on a Whole Wheat Roll Baked Beans Succotash Mixed Berry Blend	5 Spaghetti & Meatballs with Marinara Sauce Italian Blend Vegetables Applesauce Italian Bread	6 Breaded Fish Sandwich Tater Tots Peas & Carrots Mandarin Oranges
9 Salisbury Steak with Gravy Mashed Potatoes Steamed Broccoli Florets Diced Peaches Chocolate Chip Cookie Whole Wheat Roll	10 Chicken Parmesan Shell Pasta with Marinara Sauce Italian Blend Vegetables Mixed Berry Blend Vanilla Pudding	11 Ham Balls Parsley Potatoes Maple Dill Carrots Golden Fruit Parfait Whole Wheat Roll	12 Philly Cheesesteak on a Whole Wheat Roll Tater Tots Corn Mandarin Oranges	13 Chicken & Broccoli Alfredo with Fettucine Key West Vegetables Warm Applesauce White Cake with Strawberries & Whipped Topping
16 AGENCY CLOSED PRESIDENTS' DAY	17 Pancakes with Syrup Sausage Links Biscuit with Sausage Gravy Orange Juice Confetti Cake	18 Baked Fish Macaroni & Cheese Stewed Tomatoes Golden Fruit Parfait	19 Vegetable Quiche Tater Tots French Cut Green Beans Applesauce	20 Cheese Pizza Mandarin Oranges Sugar Cookie
23 Sausage Sandwich Tater Tots California Blend Vegetables Diced Pears	24 Baked Chicken Breast with Gravy Mashed Potatoes Succotash Mandarin Oranges Whole Wheat Roll	25 Chili Cornbread French Cut Green Beans Diced Peaches Chocolate Cake with Whipped Topping	26 Baked Ham Mashed Sweet Potatoes Steamed Broccoli Florets Applesauce Vanilla Pudding Whole Wheat Roll	27 Macaroni & Cheese Stewed Tomatoes Monte Carlo Vegetables Golden Fruit Parfait Chocolate Chip Cookie