

# *FEBRUARY 2026 Meals on Wheels Menu*

<b>Monday 2/2/26</b>	<b>Tuesday 2/3/26</b>	<b>Wednesday 2/4/26</b>	<b>Thursday 2/5/26</b>	<b>Friday 2/6/26</b>
MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/GRAVY MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
<b>Monday 2/9/26</b>	<b>Tuesday 2/10/26</b>	<b>Wednesday 2/11/26</b>	<b>Thursday 2/12/26</b>	<b>Friday 2/13/26</b>
BAKED HAM ROAST YAMS* CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
<b>Monday 2/16/26</b>	<b>Tuesday 2/17/26</b>	<b>Wednesday 2/18/26</b>	<b>Thursday 2/19/26</b>	<b>Friday 2/20/26</b>
CLOSED IN OBSERVANCE  OF  PRESIDENT'S DAY	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS + BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
<b>Monday 2/23/26</b>	<b>Tuesday 2/24/26</b>	<b>Wednesday 2/25/26</b>	<b>Thursday 2/26/26</b>	<b>Friday 2/27/26</b>
CHICKEN CORDON BLEU RICE* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). ***MENU SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK	Meat or alternative = 4oz cooked, edible portion	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!	+denotes vitamin C requirements