

ONEgeneration Meal Program – Wilkinson Senior Center

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Savory Beef Stew <u>2</u> (beef cubes, carrots, celery & onion** w/ LS sauce) Herbed Brussels Sprouts Mashed Potatoes Strawberries Oatmeal Cookie WG Roll	Enchilada Casserole <u>3</u> (ground turkey w/ cheese garnish & corn tortilla) LS Salsa Verde(green sauce) LS Black Beans Mesclun Salad *Kiwi Spanish Brown Rice	Baked Pollak <u>4</u> w/ Lemon Sauce LS Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	BBQ Chicken <u>5</u> w/ LS Sauce *Tri Color Coleslaw Canned Pear or Melon Macaroni w/ Cheese Whole Grain Roll	Open Face Hot Turkey <u>6</u> Sandwich (LS turkey & gravy) LS Chicken Soup Green Beans **Spinach Salad w/ Shredded Cabbage *Orange WG Bread
Vegetarian Chili <u>9</u> (LS pinto & kidney beans, LS tomatoes, cheese garnish) **Broccoli Mixed Salad Greens *Pineapple& Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken <u>10</u> (w/ LS sauce, water chestnuts, mushrooms, pineapple garnish) Mesclun Salad *Cantaloupe or Tangerine Brown Rice	Turkey Milanese <u>11</u> (w/ LS red sauce & whole grain linguine) Zucchini ***Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper & Italian Dressing Banana Lemon Pudding	Salmon <u>12</u> w/ LS Dill Sauce LS Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll	Chicken a la Orange<u>13</u> Peas & Carrots** Coleslaw* 100% Grape Juice Brown Rice Pilaf Wheat Roll White Cake w/ Strawberries
CLOSED <u>16</u>  HAPPY <i>Presidents</i> DAY	Hamburger <u>17</u> (ground turkey, LS au jus, lettuce, tomato, onion) [=]Potato Salad **Broccoli *[]=Orange Juice Whole Grain Bun Cherry Gelatin w/ Pineapple	Quiche <u>18</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) Lentil Salad Corn ***Cantaloupe Whole Grain Roll	LS Roast Turkey <u>19</u> (sliced LS turkey breast w/ LS gravy) **Fresh Baked Yam or Sweet Potato Herbed Brussels Sprouts *Pineapple & Mango Fruit Cup Whole Grain Bread	Baked Fish <u>20</u> LS Corn Chowder Herb Roasted Potatoes *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll
Korean BBQ <u>23</u> (beef w/ LS Korean BBQ sauce) Herb Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice	Fish Vera Cruz <u>24</u> w/ LS Sauce LS Garden Veggie Soup Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla	Chicken Dijon <u>25</u> LS Tomato Basil Soup Green Beans ***Chopped Salad w/ Kale, Lettuce, Cucumber, Carrots Fresh/Unsweetened Peach Whole Grain Roll	Stuffed Bell Pepper <u>26</u> (ground beef, barley and LS sauce) Green Peas Romaine Salad w/ Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie	Vegetarian Paella <u>27</u> (LS garbanzo beans, tomato & red pepper, LS sauce, & brown rice) Broccoli **Spinach Salad *Mango

Department of Aging Requirements:

Lunch meets 1/3 requirement for the Recommended Daily Allowance.

*Meets Vitamin C requirement **Meets Vitamin A requirement

***Meets Vitamin A & C requirement [=] Potassium-rich

NOTE: Menu is subject to change without notice.

Suggested voluntary contribution – \$3.00 per meal

