

MENU February 21, 2026 to February 27, 2026

Saturday 21ST	Sunday 22ND	Monday 23RD	Tuesday 24TH	Wednesday 25TH	Thursday 26TH	Friday 27TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Cream of Spinach Soup	Vegetable Soup	Potato Leek Soup	Turkey Noodle Soup	Cream of Celery	Beef Vegetable Soup	Zucchini Basil Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sweet and Sour Meatballs with Fried Rice	Eggs Benedict with Hollandaise Sauce	Chicken and Broccoli Bowl	Spinach Salad with Baguette	Vegetable Strata	Greek Salad with Roll	Fries and Homemade Gravy
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Herbed Pork and Apples or Baked Chicken Legs	Roast Beef with Gravy or Mustard Glazed Ham	Poached Lemon Pepper Haddock or Shai Hai Chicken Breast	Meatloaf and Gravy or Onion Chicken in Balsamic Sauce	Creamy Mushroom Parmesan Herb Chicken or Marinated Shrimp	Garlic Herb Butter Chicken Thighs or Greek Marinated Pork Chops	Spinach and Feta Stuffed Chicken or Breaded Scallops
Mashed Potatoes, Asparagus and Yellow Beans	Scalloped Potatoes, Mixed Vegetables	Whipped Potatoes, Potatoes, Parsnips and Carrots	Mashed Potatoes Green Beans and Squash	Whipped Potatoes Peas and Roasted Yams	Whipped Potatoes, Cauliflower and Broccoli	Hashbrowns, Spinach and Carrots
Mandarin Oranges*	Frosted Chocolate Cake*	Trifle*	Banana Foster*	Strawberry Cheesecake*	Coconut Cream Pie*	Ice Cream Sundae*

* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.

MENU February 28, 2026 to March 6, 2026

Saturday 28TH	Sunday 1ST	Monday 2ND	Tuesday 3RD	Wednesday 4TH	Thursday 5TH	Friday 6TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Quinoa Vegetable Soup	Parsnip and Apple Soup	Vegetable Meatball Soup	Cream of Mushroom Soup	Chicken with Rice Soup	Loaded Potato Soup	Pea Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lazy Mans Cabbage Roll	Vegetable Lo Mein	Mini Sub with Potato Salad	Pear and Blue Cheese Salad	Fish Burger with Coleslaw	Sesame Tofu and Broccoli	Tossed Salad with Poppy Seed Dressing
Dinner	1	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Pork Medallions with Red Wine Jus or Chicken Paprika	Roast Chicken Dinner or Baked Ham	Lemon Oregano Chicken Breast or Grilled Cod with Spinach	Pesto Chicken Thighs or Pork Schnitzel	Curry Filet of or Egg Battered	Beef with Mushrooms and Peppers or Sweet and Sour Chicken	Lemon Pepper Filet of Salmon or Herb Marinated Chicken Breast
Mashed Potatoes Cauliflower and Corn	Scalloped Potatoes, Mixed Vegetables	Mashed Potatoes, Peas and Broccoli	Mashed Potatoes, Spinach and Roasted Squash	Mashed Potatoes, Yams and Green Beans	Whipped Potatoes Carrots and Asparagus	Whipped Potatoes, Yellow Beans and Brussel Sprout
Fruit Cocktail	Strawberry Rhubarb Pie*	Apple Torte*	Orange Creamsicle Poke Cake*	Tapioca Pudding*	Stained Glass Jell-O*	Lemon Squares*

* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.