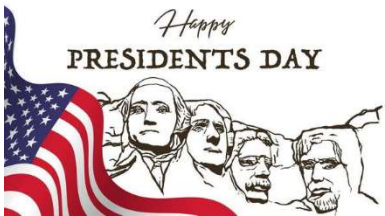


## Senior Resource Association – FEBRUARY 2026 - Meals Menu

| MONDAY                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: right;">2</p> <p><b>Roasted Marsala Chicken</b></p> <p>½ c. chicken<br/>½ c. rotini pasta<br/>½ c. green peas<br/>½ c. garden vegetables<br/>Dinner roll<br/>Fresh fruit</p>                              | <p style="text-align: right;">3</p> <p><b>Pulled Pork</b></p> <p>3 oz pork<br/>½ c. potato wedges<br/>½ c. baked beans<br/>Whole grain hamburger bun<br/>½ c. Mandarin oranges</p>                            | <p style="text-align: right;">4</p> <p><b>Chicken Salad Sandwich</b></p> <p>3 oz chicken<br/>½ c. California vegetable salad<br/>½ c. tossed salad<br/>1 c. broccoli &amp; cheese soup<br/>Fresh fruit</p>             | <p style="text-align: right;">5</p> <p><b>Santa Fe Stew</b></p> <p>¾ oz beef<br/>½ c. whipped potatoes<br/>½ c. seasoned green beans<br/>Texas bread<br/>Fresh fruit</p>                                                          | <p style="text-align: right;">6</p> <p><b>Herbed Chicken Breast</b></p> <p>3 oz chicken<br/>½ c. winter vegetables<br/>½ c. glazed carrots<br/>Buttermilk biscuit<br/>½ c. applesauce</p>     |
| <p style="text-align: right;">9</p> <p><b>Meatball Stroganoff</b></p> <p>6 ea. Meatballs (beef w/ chicken)<br/>½ c. bowtie pasta<br/>½ c. Catalina vegetables<br/>½ c. seasoned cauliflower<br/>Dinner roll<br/>Fresh fruit</p> | <p style="text-align: right;">10</p> <p><b>Chopped Swiss Steak</b></p> <p>3 oz beef<br/>½ c. whipped potatoes<br/>½ c. cabbage<br/>Texas bread<br/>Fresh fruit</p>                                            | <p style="text-align: right;">11</p> <p><b>Tzatziki Turkey Salad</b></p> <p>3 oz turkey<br/>½ c. pasta salad<br/>½ c. marinated carrot salad<br/>3 ea. Naan Dippers<br/>¾ c. vegan vegetable soup<br/>½ c. peaches</p> | <p style="text-align: right;">12</p> <p><b>BBQ Beef Patty</b></p> <p>¾ c. beef<br/>½ c. roasted red potatoes<br/>½ c. broccoli<br/>Whole grain hamburger bun<br/>Fresh fruit</p>                                                  | <p style="text-align: right;">13</p> <p><b>Chicken Alfredo</b></p> <p>1 c. chicken<br/>½ c. pasta (in entrée)<br/>¾ c. Tuscany vegetables<br/>Dinner roll<br/>½ c. mandarin oranges</p>       |
| <p style="text-align: right;">16</p> <p><i>Happy</i><br/><b>PRESIDENT'S DAY</b></p>                                                             | <p style="text-align: right;">17</p> <p><b>Salisbury Steak</b></p> <p>3 oz. beef, 1 oz steak sauce<br/>½ c. whipped potatoes<br/>½ c. peas &amp; carrots<br/>Texas toast<br/>Fresh fruit</p>                  | <p style="text-align: right;">18</p> <p><b>Tuna Salad</b></p> <p>½ c. tuna<br/>½ c. broccoli slaw<br/>½ c. beet salad<br/>¾ c. mixed beans soup<br/>½ c. applesauce</p>                                                | <p style="text-align: right;">19</p> <p><b>Orange Glazed Popcorn Chicken</b></p> <p>12 ea. Popcorn chicken<br/>(breading on chicken)<br/>½ c. coconut rice, ½ c. cauliflower<br/>½ c. Asian green beans<br/>4 oz. apple juice</p> | <p style="text-align: right;">20</p> <p><b>Brown Sugar Glazed Ham</b></p> <p>3 oz ham<br/>½ c. whipped sweet potatoes<br/>½ c. collard greens<br/>Combread<br/>½ c. mandarin oranges</p>      |
| <p style="text-align: right;">23</p> <p><b>Spaghetti Meat Sauce</b></p> <p>½ c. beef meat sauce<br/>½ c. penne pasta<br/>¾ c. capri vegetables<br/>Dinner roll<br/>½ c. tropical fruit</p>                                      | <p style="text-align: right;">24</p> <p><b>Butter Chicken</b></p> <p>½ c. chicken<br/>½ c. basmati rice<br/>½ c. lentils w/ vegetables<br/>½ c. ginger carrots<br/>3 ea. Naan Dippers<br/>½ c. applesauce</p> | <p style="text-align: right;">25</p> <p><b>Roast Beef Sandwich</b></p> <p>2 oz beef, swiss cheese<br/>½ c. green bean salad<br/>½ c. tossed salad<br/>¾ c. potato soup<br/>½ c. mandarin oranges</p>                   | <p style="text-align: right;">26</p> <p><b>Tuscan Meatballs</b></p> <p>6 ea. Meatballs (beef w/ chicken)<br/>½ c. pasta Florentine<br/>¾ c. California vegetables<br/>Whole wheat bread<br/>Fresh fruit</p>                       | <p style="text-align: right;">27</p> <p><b>Chopped Steak</b></p> <p>3 oz beef, 1 oz horseradish gravy<br/>½ c. buttermilk potatoes<br/>½ c. broccoli<br/>Texas toast<br/>4 oz fruit juice</p> |
|                                                                                                                                                                                                                                 |                                                                                                                                                                                                               |                                                                                                                                                                                                                        |                                                                                                                                                                                                                                   |  <p><b>Senior Resource</b><br/>ASSOCIATION</p> <p><i>Promoting Independence in our Community</i></p>     |

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF OTHER VITAMIN A OR C (DENOTED WITH AN ASTERISK) \*MEALS ARE PREPARED BY TRIO COMMUNITY MEALS & APPROVED BY A CERTIFIED NUTRITIONIST.

MEALS PROVIDE A MINIMUM OF 1/3 RECOMMENDED DAILY ALLOWANCE ALL MEALS ARE SERVED WITH AN 8 OZ 1% MILK. VEGETABLES & FRUIT = 2 (1/2) PORTIONS, 1 TSP OF Margarine SERVED WITH EVERY MEAL BREAD OR EQUIVALENT 1 SERVING. MEAT OR ALTERNATIVE 2 OZ COOKED EDITABLE PORTION. FAT = 1 TEASPOON

*Jessica Miller RD, LDN* 11/28/2025  
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Elena Grieg  
MOW Operations Manager