

February 2026

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy Squash Chicken Bake Wheat roll Broccoli Apple Pineapple Low fat milk, Margarine	3 Beef Barley Casserole Wheat bread Side garden salad Carrots Orange Low fat milk, Biscuit FF Italian Dressing	4 Dijon Baked Salmon Seasoned black beans Whole wheat bread Malibu Veg Blend Peaches Low fat milk Margarine	5 Beef Goulash Wheat bread California blend Tomatoes in sauce Apple Low fat milk Margarine	6 Tuna Noodle Casserole Wheat Bread Side salad Papaya and Mango Low fat milk Margarin FF Italian dressing
9 Chicken A La King Egg noodles Wheat Bread Carrots Gala Apple Low fat milk, Margarine	10 Meaty Spaghetti Whole wheat bread Broccoli Pineapple Low fat milk, Margarine	11 Beef Chili Wheat Bread WW crackers Spinach salad Orange Low fat milk, Margarine FF Italian Dressing	12 Turkey Barley Soup Wheat bread Side garden salad Papaya and Mango Low fat milk Margarine	13 Lentil Bolognese Menu Item Wheat rotini Wheat bread Green Beans Tropical Fruit Low fat milk, Margarine
16 <u>Presidents Day</u> (No MOW or Senior CAFE)	17 Pot Roast Menu Item Roasted sweet potato Wheat bread California blend Gala apple Low fat milk Margarine	18 White bean chicken chili Crackers Side salad Orange Low fat milk Fat free Italian	19 BBQ chicken breast Brown Rice Wheat bread Broc and caul Tomato/cuc salad Strawberry Applesauce Low fat milk Margarine	20 Beef Kafta Rolls Jasmine rice Roasted butternut squash Trop fruit salad Low fat milk Creamy herb sauce
23 Chicken Parmesan Menu Item Wheat bread Green beans Apple Low fat milk Margarine	24 Hamburger Stroganoff Menu Item Wheat Bread Peas and pearl onions Mixed fruit Low fat milk Margarine	25 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli Apple Low fat milk Margarine	26 Meatballs Brown rice Wheat bread Cauliflower Papaya/Mango Low fat milk Margarine	27 Black bean burger Whole wheat bun Brown lentils Mixed veggies Pineapple Low fat milk Cilantro/creme sauce