

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 Bologonese 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 Broccoli and cauliflower 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 |