



**Oneida County Office for the Aging
Nutrition Program for the Elderly**

FEBRUARY 2026

HDM MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>2</p> <p>Stir Fried Pork Brown Rice Oriental Vegetables Oatmeal Raisin Cookie* Wheat Bread & Milk</p> | <p>3</p> <p>Tomato Florentine Soup Popcorn Chicken Broccoli Pineapple Cobbler Wheat Bread & milk</p> | <p>4</p> <p>Roast Pork w/gravy Mashed Potatoes Brussel Sprouts Pears Wheat Bread & Milk</p> | <p>5</p> <p>Shepard's Pie Hubbard Squash Devil's Food Cake w/Topping* Wheat Bread & Milk</p> | <p>6</p> <p>Greek Lemon Chicken Rice Pilaf Broccoli Pineapple Tidbits Wheat Bread & Milk</p> |
| <p>9</p> <p>Turkey Divan Over Bowties Peas & Carrots Apple Crisp Wheat Bread & Milk</p> | <p>10</p> <p>Stuffed Shells w/Meat Sauce Spinach Mandarin Oranges Wheat Bread</p> | <p>11</p> <p>Italian Sausage Patty w/Peppers & Onions Macaroni & Cheese Italian Green Beans Chocolate Chip Cookie* Hamburger Bun & Milk</p> | <p>12</p> <p>VALENTINE'S DAY Cranberry Glazed Chicken Stuffing Capri Blend Vegetables Strawberry Cake w/Topping* Wheat Bread & Milk</p> | <p>13</p> <p>Rib B Que Au Gratin Potatoes Sauteed' Cabbage Yogurt w/Peaches & Granola Wheat Bread & Milk</p> |
| <p>16</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Cauliflower Chocolate Pudding* Wheat Bread & Milk</p> | <p>17</p> <p>Chicken w/Supreme Sauce Brown Rice Beets Banana Cake w/Topping* Wheat Bread & Milk</p> | <p>18</p> <p>ASH WEDNESDAY Seasoned Baked Fish Sweet Potato Wedges Normandy Blend Vegetables Grape Juice Sugar Cookie Wheat Bread & Milk</p> | <p>19</p> <p>Oriental Chicken Brown Rice Oriental Blend Vegetables Peaches Lemon Cookie* Wheat Bread & Milk</p> | <p>20</p> <p>Tuna Pasta Casserole Sliced Carrots Cinnamon Sliced Apples Apple Juice Wheat Bread & Milk</p> |
| <p>23</p> <p>Ham & Scalloped Potato Mixed Vegetables Fruit Cocktail Wheat Bread & Milk</p> | <p>24</p> <p>Meatballs Spaghetti with Sauce Italian Green Beans Apple Sauce Wheat Bread & Milk</p> | <p>25</p> <p>Roasted Chicken w/Gravy Mashed Sweet Potatoes Broccoli Pineapple Tidbits Wheat Bread & Milk</p> | <p>26</p> <p>Bratwurst German Potato Salad Cabbage & Carrots Mandarin Oranges Hot Dog Bun & Milk</p> | <p>27</p> <p>Fish with Cheese Oven Brown Potatoes Collard Greens Chocolate Chip Cookie* Hamburger Bun & Milk</p> |
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