



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



**FEBRUARY 2026**

**HDM MENU**

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