



## Menu for the Week of February 16 - February 22, 2026

Menu items are subject to change due to availability of products. \*Please check the Daily Menu Board\*

### Dinner

#### OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, TOMATOES, MUSHROOMS)

	16-Feb-26	17-Feb-26	18-Feb-26	19-Feb-26	20-Feb-26	21-Feb-26	22-Feb-26
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	*CHINESE NEW YEAR FEATURED DINNER* UDON NOODLE & VEGETABLE SOUP	NEW ENGLAND CLAM CHOWDER SOUP	SWEET POTATO & HAM SOUP	CABBAGE, POTATOES & SAUSAGES SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES SALAD	CHINESE NAPA CABBAGE SALAD	WALDORF SALAD	*STRAWBERRY & ORANGE SPRING SALAD	GARLIC PRAWNS & FRESH AVOCADO SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED *CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUITS (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	GRILLED PORK CHOPS WITH ROSEMARY MAPLE BUTTER	SWEET & SOUR PORK DRUMMIES	BAKED MEATLOAF WITH GRAVY	BRAISED LAMB CHOPS	BAKED BEEF POT PIE WITH GRAVY	BAKED MEAT LASAGNA WITH GARLIC BREAD	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CREAMY DIJON CHICKEN BREAST	BARBECUED DUCK LEGS WITH FRIED RICE	SMOKED TURKEY SANDWICH ON CRANBERRY BREAD WITH FRENCH FRIES & RED CABBAGE COLESLAW	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN LEGS WITH MUSHROOM SAUCE	ROASTED HOISIN GLAZED CHICKEN THIGHS	GRILLED CHICKEN KABOBS WITH RICE PILAF TZATZIKI SAUCE
Entrée 3	PAN FRIED RAINBOW TROUT WITH FRESH LEMON WEDGE	POACHED SALMON FILET WITH FRESH GINGER & GREEN ONION	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SMOKED SALMON CREAM CHEESE SAUTEED ONION QUICHE	POACHED SALMON FILET WITH TARTAR SAUCE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	CRAB SALAD ON CROISSANT WITH COLESLAW
Starch	STEAMED POTATOES	MASHED POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	POTATO PATTIES	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED RED BEETS	BABY BOK CHOY	SAVOY CABBAGE	YELLOW BEANS	MIXED VEGETABLES	CORN	GREEN *BEANS
Vegetable	SUI CHOY	SLICED CARROTS & BEAN SPROUTS	MASHED TURNIPS & CARROTS	BABY CARROTS		ZUCCHINI	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	BAKED EGG CUSTARD TART	LEMON MERINGUE PIE	ASSORTED DESSERTS	VANILLA ICE CREAM WITH WARM PEACHES	CREAMY CARAMEL FLAN	COCONUT CREAM PIE

\* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES  
AVOCADO  
BEANS & LENTILS

BLACKBERRIES  
BLUEBERRIES  
BRAIN & OAT

CAULIFLOWER  
CHERRIES  
CRANBERRIES

FATTY FISH  
NUTS  
PEACHES

SPINACH  
STRAWBERRIES  
SALAD  
TOMATO  
YOGURT

