

February 2026

Bay County Department on Aging

HDM/Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	(3) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Fruit Cocktail (17)	(4) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	(5) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cubed Potatoes (18) Apple Slices (7) Orange Juice (13)	(6) CHICKEN LASAGNA (23) Venetian Blend Veggies (6) Corn Muffin (21) Pistachio Fruit Dessert (29)
(9) ITALIAN SPAGHETTI SAUCE (8) Al Dente Spaghetti (20) Spinach (5) Pear (23)	(10) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	(11) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	(12) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Chocolate Pudding (25) Orange Juice (13)	(13) CHICKEN FINGERS (39) Baked Potato (24) Garden Green Peas (11) Gelatin Cup (5)
(16)  WE WILL BE CLOSED ON PRESIDENTS DAY	(17) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Peas and Carrots(9) Ranger Cookie (25)	(18) SAUERKRAUT AND POLISH SAUSAGE (23) California Blend Veggies (4) Whole Wheat Dinner Roll (23) Peach (16)	(19) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5)	(20) ALMOND MANDARIN SALAD (37) Strawberry Pineapple Jello (26)
(23) BREADED FISH (14) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin oranges & pineapple chunks (20)	(24) ASIAN CHICKEN (30) Steamed Brown Rice Spring Rolls (14) Chunky Applesauce (22)	(25) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	(26) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	(27) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Peas & Pearl Onions (12) Pear (23)

All Meals at the Activity Centers served with Fat-Free Milk (13)

Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.

Be advised menu items may contain nuts.