




# FEB. 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Tofu option in lieu of A meal protein is available.				
2	3	4	5	6
Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini	Mongolian Beef 照燒牛肉, Cauliflower, Peas and Carrots	Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini
9	10	11	12	13
Miso Glazed Cod 味噌釉面鱈魚, Mixed Vegetables, Green Beans	Beef and Broccoli 牛肉和西蘭花, Bok Choy, Cauliflower	Orange Chicken 橙子雞, Carrots, Broccoli	Turkey Burger 火雞肉漢堡 w/ Swiss Cheese Lettuce, Tomato on WG Bun Potato Salad	Kung Pao Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
16	17	18	19	20
<b>CENTER CLOSED</b> 	Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	Kung Pao Pork 胡椒豬肉, Chop Suey, Peas and Carrots	Breaded Fish Sandwich 金槍魚沙拉三明治 w/ Lettuce & Tomato, Marinated Cucumbers	Chicken Alfredo, 雞肉意大利麵 WW Pasta, Roasted Broccoli and Seasoned Carrots
23	24	25	26	27
Turkey Stir Fry 牛肉炒 with Red Bell Peppers & Onion, Asian Mixed Vegetables	Chicken Soup with Cabbage 高麗菜雞湯, Carrots & Rice	BBQ Pork Sandwich 燒烤豬肉, Superfood Coleslaw, Rosemary Potatoes	Spaghetti with Meatballs 肉丸意大利面, Side Salad	Lemon Pepper Shrimp 檸檬胡椒蝦, Chop Suey, Steamed Broccoli



milk and fruit served daily