


Menu for February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk Alternate: Egg Salad	3 Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Tuna Salad *Cookie	4 Beef Meatballs/ Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Pear and Milk Alternate: Chicken Salad	5 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Breaded Pollack	6 Teriyaki Salmon Springtime Brown Fried Rice Egg Drop Soup Egg Roll/Duck Sauce Chinese Fortune Cookie Marble Cake Alternate: Sliced Turkey
9 Sliced Turkey Breast w/ Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack	10 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Chicken Salad	11 Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	12 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Banana and Milk Alternate: Omelet *Cookie	13 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad
16 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk Alternate: Tuna Salad	17 Individual Chicken Pot Pie Tomato and Cucumber Salad Whole Wheat Bread Orange and Milk Alternate: Omelet	18 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	19 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Banana and Milk Alternate: Tuna Salad *Birthday Cake	20 Sweet and Sour Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk Alternate: Breaded Pollack
23 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk Alternate: Omelet	24 Baked Salmon Red Cabbage Bowtie Pasta Salad Plain Pita Banana and Milk Alternate: Sliced Turkey	25 Beef Pot Roast/Sauteed Onions and Peppers Broccoli Souffle Mashed Sweet Potatoes Whole Wheat Bread Pear and Milk Alternate: Tuna Salad	26 Chickpea Curry Stew with Butternut Squash Green Beans, White Rice Whole Wheat Bread Banana and Milk Alternate: Chicken Salad *Cookie	27 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad
GLATT KOSHER				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group Dancing 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion	8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *2/11 Nutrition Education by Amelia Jalandoni	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese 10:45- 12:15 (M3) Blood Pressure Screening (Every 1st & 3rd week) 11: 00 AM (Crystal Room) *2/12 Chase Bank: "Ways to Avoid Fraud"	8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) 1:30- 2:30 (Ballroom) Zumba Gold 3:00- 3:45 (M3) Leisure Games	12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi	1: 15 PM (Crystal Room) 12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga	12:30- 3:45 (M4) Ping Pong 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M2) Arts & Crafts (Needlepoint) 1:30- 2:30 (Ballroom) Line Dancing	1:00- 3:45 (M4) Ping Pong 1:30- 2:30 (Ballroom) Yoga 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) *2/6 Lunar New Year Show * 2/13 JJ Burton V-day Party * 2/20 Tony Gap * 2/27 Garret Ryan