JACKSON COUNTY
SENIOR NUTRITION PROGRAM

The Gathering Place

Jackson County Department On Aging
CONGREGATE
February 2026

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Beef Ribette 12 WW Bun 26 Tater Tot Casserole 22 Peas & Carrots 10 Applesauce Cup 14 Milk 11 *Total Carbohydrates* 95	Chicken Cordon Bleu 9 Sweet Potato Casserole 34 Brussel Sprouts 5 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 94	Stuffed Cabbage 22 Mashed Potatoes 22 Mixed Vegetables 12 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 82	Brat & Sauerkraut 3 Carrots 7 Hot Spiced Apples 20 Roll 20 Milk 11 *Total Carbohydrates* 71	Chicken & Peppers 2 Flour Tortilla 25 Spanish Rice 22 Black Beans & Corn 24 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 98 *Chef's Choice Dessert*
9	**10**	**11**	**12**	**13**
Crispy Chicken w/Country Gravy 8 Mashed Potatoes 22 Normandy Blend 4 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 80	Swedish Meatballs over Rice 44 Brussel Sprouts 5 Mixed Vegetables 12 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 87	Cheeseburger 4 WW Bun 26 Au Gratin Potatoes 22 Peas & Carrots 10 Fresh Fruit 15 Milk 11 *Tfotal Carbohydrates* 88 *Cookie*	Pork Chop Suey over Rice 40 Stir Fry Vegetables 5 Hot Spiced Apples 20 Fortune Cookie 7 Milk 11 *Total Carbohydrates* 83	Chicken Tenders 12 Mac & Cheese 20 Country Green Beans 7 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 85 *Chef's Choice Dessert*
16	**17**	**18**	**19**	**20**
CLOSED **PRESIDENT'S DAY**	BBQ Pork 13 WW Bun 26 Mashed Potatoes 22 Green Peas w/Pearl Onions 10 Apple Sauce Cup 14 Milk 11 *Total Carbohydrates* 96	Eggplant Parmesan 25 California Blend 5 Green Beans 5 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 61 *Cookie*	Chili Cheese Baked Potato 45 Antigua Blend 5 Hot Spiced Apples 20 Milk 11 *Total Carbohydrates* 81	Veggie Egg Scramble 1 Zucchini & Tomatoes 7 Au Gratin Potatoes 22 Muffin 22 Milk 11 *Total Carbohydrates* 63 *Chef's Choice Dessert*
23	**24**	**25**	**26**	**27**
Beef Pepper Patty 5 Mashed Potatoes 22 Broccoli 4 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 77	Smoked Chicken Tortelloni 44 w/baby spinach & dried tomatoes California Blend 5 Green Beans 5 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 80	Goulash 35 Corn 13 Green Beans 5 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 79 *Cookie*	Chicken Florentine over Rice 36 Zucchini & Tomatoes 7 Hot Strawberries & Pears 20 Milk 11 *Total Carbohydrates* 74	Fish Sandwich(fish portion) 16 WW Bun 26 Tater Tot Casserole 22 Peas & Carrots 12 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 102 *Chef's Choice Dessert*
				February 5th Valentine's Dance Beef Ravioli California Blend Salad Grapes Garlic Bread Milk *Tiramisu*

Menus approved by:
Sarah Pollack, RDN, CDCES

* Substitutions by kitchen staff may be made if needed