



All Meals include White or Low-Fat Chocolate Milk. Lactose Free available by Request.

# February 2026

## Richland County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes w/Gravy Broccoli Peaches WW Roll	3 Goulash w/Beans Green Beans Chunky Applesauce Breadstick	4 Grilled Chicken w/Mushroom Gravy Brown Rice Mixed Vegetables Pineapple Tidbits	5 Roasted Pork Mashed Potatoes w/Gravy Baby Carrots Tropical Fruit WW Roll	6 Tuna Casserole Italian Blend Vegetables Apple Slaw Cookie
9 Chicken Ala King California Blend Vegetables Plum Biscuit	10 Ham, Egg, Spinach & Cheese Bake Cubed Hashbrowns Mandarin Oranges Muffin	11 Kielbasa w/Sauer Kraut Red Skin Potatoes Calico Beans Mixed Fruit WW Roll	12 Swedish Meatballs Mashed Potatoes w/Gravy Beets Peaches WW Roll	13 <i>Valentines Meal</i> Glazed Salmon Baked Sweet Potatoes Cut Green Beans Cherry Chocolate Cake WW Roll
16 Honey Glazed Ham Scalloped Potatoes Broccoli Pineapple Tidbits WW Roll	17 Chicken, Pork Sausage Pasta Stewed Tomato's Cornbread Banana Pudding	18 <i>Ash Wednesday</i> Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Crinkle Carrots Pears WW Roll	19 Beef Stew Brussel Sprouts Apple Crisp Biscuit	20 Vegetarian Chili w/Beans Cottage Cheese Fresh Apple Slices Cornbread WW Crackers
23 Hamburger on Bun Lettuce, Tomato, Onion Roasted Potatoes Creamed Peas Lemon Bar	24 BBQ Ribs Lyonnaise Potatoes Buttered Lima Beans Apricots WW Roll	25 Boneless Chicken Thighs Dressing w/Gravy Squash Mandarin Oranges	26 Meatloaf Au gratin Potatoes Mixed Vegetables Tropical Fruit WW Roll	27 Baked Cod w/Tartar Sauce Baked Potato w/Sour Cream Broccoli Spears Peaches WW Roll

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

### Richland County Meal Sites

Germantown 608-983-2786/608-983-2798  
 Richland Center 608-647-2323  
 Rockbridge 608-649-3269/608-647-3900

**\*Menu subject to change without notice.**

**ADRC 608-647-4616.**

**Reservation Required please call 1 business day prior.**

