
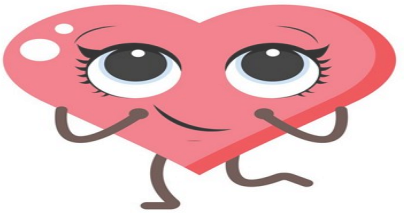


HERKIMER COUNTY OFFICE FOR THE AGING

February 2026

2	Salisbury Steak Rice Pilaf Country Blend Vegetables Mandarin Oranges	3	Turkey Divan over Egg Noodles Peas Birthday Cake	4	Chicken and Biscuits Mashed Potatoes Lima Beans Fresh Fruit	5	Egg Bake Sausage Patty Muffin Hash Browns Fruit Cup	6	Cheesy Ham and Rice Casserole Beets Cauliflower Pears
9	BBQ Chicken Baked Beans Coleslaw Fresh Fruit	10	Spanish Rice Corn Wax Beans Pineapple	11	Cream of Broccoli Soup Tuna Salad Sandwich Three Bean Salad Tropical Fruit	12	Roast Turkey with Gravy Stuffing Squash Cookie	13	Yankee Pot Roast Boiled Potatoes Dill Carrots Banana Bread
16	Closed for  Presidents' Day	17	Ham and Scalloped Potatoes Cauliflower Fruit Cocktail	18	Macaroni and Cheese Green Beans Stewed Tomatoes Cinnamon Cake	19	Pepper Pineapple Pork Rice Japanese Blend Vegetables Fresh Fruit	20	Vegetable Lasagna Tossed Salad Garlic Roll Peaches
23	Beef Normandy Garlic Mashed Potatoes Green Beans Fresh Fruit	24	Chicken Marsala Rotini in Sauce Italian Blend Vegetables Pears	25	Roast Pork Dinner Sweet Potatoes Sonoma Blend Vegetables Mandarin Oranges	26	Sweet Sausage with Peppers and Onions Three Bean Salad Coleslaw Ice Cream	27	Fish on a Bun O'Brien Potatoes Spinach Applesauce
	If you are NOT going to be home for a meal, please call the office at 867-1204 at least a day in advance				*Meals Served with Milk and Bread Daily  **Meals are Subject to Change				***Congregate Sites are staffed 10:30am-1pm Meal served at approx. 11:30am

\*Allergy Alert: Meals are prepared in a facility that uses eggs, tree nuts, peanuts, dairy, fish, shell fish, soy and wheat products\*

*\*\*Meals should be eaten upon delivery or immediately refrigerated. To reheat microwave for 2-3 mins. in microwave safe container.*

Menus have been certified by a Registered Dietitian that each menu meets 1/3 of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans

\_\_\_\_\_Shannon Davis, RD