

## Spring MENU

	Monday Wk 1	Tuesday Wk 1	Wednesday Wk 1	Thursday Wk 1	Friday Wk 1
Healthy Choice / Entrée	Saugage Red Beans and Rice	Grilled Chicken Breast	Grilled Pork Loin	Baked Chicken	Baked Fish
Entrée	Smothered Pork chop	Meat Loaf	Baked Swiss Steak	Baked Chicken	Fried Fish
Entrée	Angus Chopped Beef	Spicy Cajun Chicken	Turkey & Dressing	Stuffed Bell Pepper	Chuckwagon Stew
Healthy Choice/ Side	Steamed Cabbage	Broccoli	Green Beans	<b>Whole Okra</b>	Buttered Carrots
Side/Vegetable	Rutabagas	<b>Whole Okra</b>	Baby Lima Beans	Buttered Beets	Buttered Corn
Side/Vegetable	<b>Fresh Green Beans</b>	Navy Beans	<b>Harvard Beets</b>	<b>Field Peas</b>	<b>Summer Squash</b>
Side/Starch	Broccoli & Rice Casserole	Mashed Potato	<b>Buttered Corn</b>	<b>New Potatoes</b>	Macaroni and Cheese
Healthy Choice/ Fruit	Apple (Medium)	<b>Fresh Strawberries</b>	<b>Cantalope</b>	Banana	<b>Mixed Fruit</b>
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Ceasar Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	<b>Tomato Cucumber Salad</b>
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Lemon Icebox
Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Pecan Pie
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake

I certify that the above Spring Menu meets 20% + or - the nutrient targets based on 2025-2030 Dietary Guidelines for Females and Males 51+

*Chandra Corty, MMSc., RDN, L.D.*

*2-25-2026*

**Spring MENU**

	Monday Wk 2	Tuesday Wk 2	Wednesday Wk 2	Thursday Wk 2	Friday Wk 2
Healthy Choice / Entrée	Baked Chicken	Grilled or Baked Fish	Meatloaf with Spanish Sauce	Chopped Beef/Onions	Grilled Pork Loin
Entrée		Smothered Pork Chop	Chicken Pot Pie	Stuffed Bell Peppers	Turkey and Dressing
Entrée	Baked Swiss Steak	Chicken Tetrazzini	Chopped Beef/Onions	Meat Loaf w Spanish Sauce	gravy & Onion Sauce
Healthy Choice/Side	<b>Whole Okra</b>	Corn and Carrots	Broccoli	<b>Aparagus</b>	Mixed Squash
Side/Vegetable	Cabbage	Mashed Potatoes	Cornbread Dressing	<b>Field Peas</b>	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	<b>Buttered Carrots</b>	Green Beans	Steamed Broccoli	<b>Steamed Cauliflower</b>
Side/Starch	Mac & Cheese	Yellow Rice	Baked Sweet Potatoes and Apples	Oven Baked Potato Wedges	Broccoli & Rice
Healthy Choice/Fruit	Apple (Medium)	<b>Cantalope</b>	Banana	<b>Mixed Fruit</b>	Orange
Side/Salads	Broccoli Madeline	Tossed Spring Salad	<b>Cucumber Salad</b>	Tossed Spring Salad	Ceasar Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Broccoli Madeline	Tomato Cucumber Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Icebox Pie
Dessert	Red Velvet Cake/Sweet Potato Pie	Italian Cream Cake /Sugar Free Apple Pie	Red Velvet Cake/ Buttermilk Chess	Italian Cream Cake/Apple Pie	Red Velvet Cake/Pecan Pie

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*Chandra Cartey, MMSc, RDN, L.D.*

*2-25-2026*

## Spring MENU

	Monday Wk 3	Tuesday Wk 3	Wednesday Wk 3	Thursday Wk 3	Friday Wk 3
Healthy Choice / Entrée	Beef Liver/Onions	Angus Chopped Beef/Onions	Milano Chicken	Chicken Cacciatore	Herb Crumb Baked Fish
Entrée	Chicken & Dumpling	Turkey and Dressing	Beef Stew / Rice	Baked Chicken	Bell Peppers
Entrée	Smothered Pork Chop	Beef Liver and Onions	Baked Chicken	Spicy Cajun Shrimp Over Rice	Baked Fish
Healthy Choice / Side	Turnip Greens	Broccoli	Peas and Carrots	Collard Greens	Mixed Vegetables
Side/Vegetable	Dry Lima Beans	<b>Eggplant</b>	Green Beans	Cabbage	Blackeyed Peas
Side/Vegetable	Cabbage	Fried Squash	Broccoli	<b>Grilled sweet peppers</b>	<b>Field Peas</b>
Side/Starch	Buttered Corn	Mashed Potatoes	New Potatoes	Broccoli & Rice	Carrot Souffle
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Ceasar Salad	Tossed Spring Salad	Tossed Spring Salad
Healthy Choice / Fruit	Apple (Medium)	<b>Mixed Fresh Fruit</b>	<b>Fresh Strawberries</b>	<b>Cantalope</b>	Banana
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	Broccoli Madeline
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Dessert	Cobbler	Bread Pudding	Cobbler	Cobbler	Cobbler
Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Lemon Icebox
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Cheesecake	Red Velvet Cake

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*Chandra Corty, M.M.Sc. RDN, L.D.*

*2-25-2026*

## Spring MENU

Monday Wk 4

Tuesday Wk 4

Wednesday Wk 4

Thursday Wk 4

Friday Wk 4

Healthy Choice / Entrée	Baked Chicken	Baked Fish	Chinese Pepper Steak	Spaghetti Baked Italian	Grilled Chicken Breast
Entrée	Chuck Wagon Stew	Turkey and Dressing	Meatloaf with Spanish Sauce	Beef Liver/Onions	Chicken Tetrazzini
Entrée	Baked Swiss Steak	Meat Loaf w Brown Gravy	Chicken Stewed and Dumplings	Italian Spaghetti Baked	Chopped Steaks with Gravy & Onions
Healthy Choice / Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Green Beans
Side/Vegetable	Black-Eyed Peas	<b>Fried Okra</b>	Green Beans	<b>Harvard Beets</b>	<b>Field Peas</b>
Side/Vegetable	Cabbage	<b>Grilled sweet peppers</b>	<b>Steamed Cauliflower</b>	Pinto Beans	<b>Eggplant</b>
Side/Starch	Whole Baby Carrots	<b>Corn Confetti</b>	Navy Beans	Escalloped Potatoes	Broccoli & Rice
Side/Salads	Tossed Spring Salad	<b>Fresh Cucumbers</b>	Ceasar Salad	Tossed Spring Salad	Tossed Spring Salad
Healthy Choice / Fruit	Apple (Medium)	<b>Cantalope</b>	Banana	<b>Mixed Fresh Fruit</b>	Banana
Side/Salads	Carrot Raisin Salad	Neptune Salad	Italian Rotino	Spiced Beets	Broccoli Madeline
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick
Hot Dessert	Cobbler	Cobbler	Bread Pudding	Cobbler	Cobbler
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet	Chocolate Cake	Yellow Cake
Dessert	Sweet Potato Pie	Sugar Free Apple Pie	Buttermilk Cheese	Apple Pie	Lemon Icebox

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*Chandra Corty M.M.Sc., RDN, L.D.*

*February 25, 2026*