

FAIRFAX CONGREGATE SENIOR CENTERS

FEBRUARY MENU 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LUNCH	<p style="text-align: right;">2</p> Bean Burrito (Pinto beans, WG tortilla) Zucchini Corn Pears Milk Veg: Same	<p style="text-align: right;">3</p> Oven Fried Chicken WG Corn Muffin with Butter Collard Greens Cauliflower Peach Cobbler Milk Veg: Chix Strips	<p style="text-align: right;">4</p> Roast Beef w/ Gravy WG -Roll with Butter Au Gratin Potatoes Spinach Cinnamon Baked Apple/Cinnamon Applesauce Milk Veg: Soy Beef	<p style="text-align: right;">5</p> Chicken Parmesan (Breaded Chicken Breast, WG Spag. noodles) Eggplant Broccoli Strawberries Milk Veg: Eggplant Parm	<p style="text-align: right;">6</p> Taco Soup (legume as MA-MA, veg-tomato, corn, red pepper, onion) Shredded cheese WG Tortilla Chips Green Beans Mango Milk Veg: Lentil Taco Soup
COLD LUNCH	Tuna Salad WW Roll Field Greens w Italian Fruit Salad Cucumber Salad Milk Veg: Same alt sliced cheese Hummus Veggie Sandwich	Aztec Grain Bowl (Veg-butternut squash, WG quinoa , cannellini beans) Root Vegetables Orange Milk Veg: Same	5 a day Salad, Spinach/Kale , other Herb Vinaigrette Sliced Turkey mayo WG Roll Banana Milk Veg: Cheese, eggs	Pasta Salad Turkey bacon, cheddar cubes, WG Rotini , Red & Green Pepper strips w Italian Red Bean Salad Grapes Milk Veg: Egg Salad	Mediterranean Roasted Vegetable sandwich, Fresh Mozzarella, Grilled vegetables (Zucchini, Eggplant, Orange/Yellow pepper) Focaccia Mediterranean Chickpea Salad Blueberries Milk Veg: Same
HOT LUNCH	<p style="text-align: right;">9</p> Chili Con Carne with Beans (MA-ground beef & kidney beans) WG Corn Muffin w/butter Roasted Root Veggies Garlic Butter Green Beans Mandarin Oranges Milk Veg: Bean Chili	<p style="text-align: right;">10</p> BBQ Shredded Chicken WG Bun Braised Greens & Beans Pear Milk Veg: BBQ Tofu	<p style="text-align: right;">11</p> Salisbury Steak & Country Gravy WG Biscuit w Butter Garlic Mashed Potatoes Peas and Carrots Clementine (1) Milk Veg: Veggie Patty	<p style="text-align: right;">12</p> Turkey Wild Rice Soup (3 oz ground turkey, WG , veg – carrot, celery, onion) WG Roll w/ butter Roasted Beets Apple Cobbler Milk Veg: Lentil Wild Rice Soup	<p style="text-align: right;">13</p> Grilled Pollock (3 oz m/ma) WG roll w/ butter Rice pilaf Broccoli Italian Blend zucchini, carrots, cauliflower, lima beans, green beans Fruit Cocktail Milk MOW Veg: Same CNP Veg: White bean and parm
COLD LUNCH	Grilled Chicken Mayo WG Sliced -Bread Lettuce, Tomato Zucchini Salad Beet salad Pineapple Milk Veg: Egg salad	Roast Beef Beef WG Roll Mediterranean Chickpea Salad Marinated Shredded Carrots, Cauliflower, Broccoli Apple Slices Milk Veg: Soy Beef Salad	Chicken Caesar Salad Chicken Strips WG Apple Muffin Caesar Field Greens Salad W Caesar Dressing Seasoned Green Bean Salad Grapes Milk Veg: Chix Strips	Ranch Hand Lunch Eggs 1 oz Cheese WG Bran Muffin Cowboy Caviar Carrot Raisin Salad Honeydew Milk Veg: Same	#6 Scoop Sriracha Chickpea Salad WW Bread Cucumber & Tomato Shredded Field Greens W Italian Vinaigrette Banana Milk Veg. Same

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LUNCH	<p>16</p> <p>PRESIDENT'S DAY Honey Lime Chicken, m/ma WG Pita Mexican Rice Corn and Black beans Grilled mixed vegetables Cinnamon Baked Apple Milk</p> <p>Veg: Honey Lime Chickpeas</p>	<p>17</p> <p>Beef Lomein Noodle Sauteed Julianne of carrots Edamame Mandarin Orange Milk</p> <p>Veg: Soy beef strips</p>	<p>18</p> <p>Breaded Fish Filet, m/ma, grain WG Bun Brussel Sprouts Magenta Root Slaw Blueberry Cobbler Milk</p> <p>MOW Veg: Same CNP Veg: Veggie – Hummus Sandwich</p>	<p>19</p> <p>Swedish Chicken Meatballs WG Egg Noodle Butternut squash Sauteed Collard Greens w/ Lemon and Garlic Fruit Cocktail Milk</p> <p>Veg: Vegetable Meatballs w/ sauce</p>	<p>20</p> <p>Vegetarian Minestrone Soup (MA - legume, Red/orange veg, additional veg) WG Wheat Roll (2 oz) Shredded cheese (topping) Eggplant Banana Milk</p> <p>MOW Veg Vegetable Bean Soup OR Veggie and Bean Soup</p>
COLD LUNCH	<p>Cold Winter Salad Bowl (WG Rice, feta, beets, roasted carrot, chickpeas) w/ balsamic dressing Pears Milk</p> <p>Veg: Same</p>	<p>Tuna Salad Sl. WW Bread 2 oz Quinoa Salad Grapes Winter Squash Salad Milk</p> <p>MOW Veg: Same CNP: alt. egg salad</p>	<p>Whole Chicken Wrap (2 Pieces) m/ma, WG WG tortilla or tortilla Lettuce, Tomato mayo Green & Red Pepper Strips Waldorf Salad Mango Milk</p> <p>Veg: Hummus, Provolone</p>	<p>Asian Chicken Salad WG Roll w butter Asian Coleslaw Salad Zucchini Salad Pineapple Milk</p> <p>Veg: Chicks Strips Alt for Arlington - Tofu</p>	<p>Caprese Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette WG Pita bread Hummus Blackberries Milk</p> <p>Veg: Same</p>
HOT LUNCH	<p>23</p> <p>Oven Fried Chicken WG Roll w Butter Black Eyed Peas Gingered Cabbage Salad Peach Cobbler Milk</p> <p>Veg: Chix Strips</p>	<p>24</p> <p>Beef Stew (MA, Veg -onion, carrot, pea, potatoes) WG Triscuit type Cracker Green Beans Fruit Salad Milk</p> <p>Veg: Lentil Stew</p>	<p>25</p> <p>Chicken Piccata Brown Rice WG Cauliflower Mushroom Saute Broccoli Plum Milk</p> <p>Veg: Chix Strips Arlington Alt: Tofu Piccata</p>	<p>26</p> <p>WG Tagliatelle Pasta w/ Kale, tomatoes, MA Cannellini beans, Veg, WG) Butternut Squash Berries Milk</p> <p>Veg: Same</p>	<p>27</p> <p>Vegetarian Chili Beans, Cheese (3MA), Tomato) Cornbread Vegetable Blend (Broccoli, Cauliflower & Carrots) Alt. 4 Way Vegetables Fruit Cocktail Milk</p> <p>Veg: Same</p>
COLD LUNCH	<p>Chef Salad Protein, Swiss Cheese, Roast Beef Egg wedged WG Corn Muffin Mixed Greens Lettuce w Herb Vinaigrette Pepper strips Orange in Wedges Milk</p> <p>Veg: Cheese, eggs</p>	<p>Spinach Strawberry Feta Salad/ (Grain equivalent, meat/meat alternate, dark leafy green vegetable) Chicken Breast WG Roll Beet Salad Mango Milk</p> <p>Veg: Chicx Strips CNP Veg: Tofu</p>	<p>Cup Tabbouleh Grain, veg – bell pepper, cucumber, tomato Chickpea, feta Pita bread WG Field Salad w/ Balsamic Raspberry Milk</p> <p>Veg: Same</p>	<p>Asian Beef Spring Roll Beef, WW Flour tortilla Seasoned Snow Pea Salad Asian Carrot Radish Salad Apple Milk</p> <p>Veg: Soy Beef Spring Rolls</p>	<p>Egg Salad WW English Muffin Green Bean Salad Bean Salad Banana Milk</p> <p>Veg: same</p>