

# HARFORD COUNTY SENIOR CENTERS | Havre de Grace Senior Activity Center

## LUNCH MENU - FEBRUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY									
2.	810 cal	3.	993 cal	4.	659 cal	5.	548 cal	6.	716 cal								
<b>PEPPERJACK TURKEY BURGER</b> WGR Roll Lettuce & Tomato Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt w/Granola Pineapple Juice		<b>INDIAN BUTTER CHICKEN</b> Bombay Brown Rice Kachumber Salad (Indian Cucumber, Tomato & Onion) WGR White Wheat Bread Mandarin Oranges Grape Juice Milk		<b>YOUNT AT HEART LUNCH</b> <b>FOR MEMBERS ONLY</b>		<b>CREAMY CHICKEN CASSEROLE</b> Yellow Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Diced Peaches Apple Cranberry Juice Milk		<b>CHEDDAR CHEESEBURGER</b> on a WGR Roll Lettuce & Tomato Corn O'Brien Creamy Cucumber Salad Apple Juice Milk									
9.	838 cal	10.	781 cal	11.	626 cal	12.	694 cal	13.	(SL) Sign up by 2/6								
<b>ROASTED PORK LOIN</b> w/Dijon Cream Sauce Garlic Mashed Potatoes Okra & Tomatoes WGR White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk		<b>ITALIAN SAUSAGE &amp; CHEESE SUB</b> w/Peppers & Onions WGR Roll Red Cabbage Slaw Fruited Yogurt Pineapple Juice		<b>CHICKEN BREAST FRICASSEE</b> Brown Rice Pilaf Mixed Vegetables WGR White Wheat Bread Apple Slices Grape Juice Milk		<b>SALISBURY STEAK</b> w/Mushroom Gravy Herb Roasted Potatoes Seasoned Greens Amish Navy Bean Salad White Wheat Bread Apple Juice Milk		<b>Valentine's Day Lunch</b> <b>ROAST EYE ROUND OF BEEF</b> Mashed Potatoes w/Gravy Green Bean Casserole WGR Roll Cherry Pie w/whip topping Milk									
16.	 <b>ALL CENTERS CLOSED</b>		17.	652 cal	18.	638 cal	19.	806 cal	20.								
<b>CREAMY CHICKEN PICCATA</b> WGR Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk		<b>SLICED HAM</b> w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots WGR White Wheat Bread Pineapple Tidbits Fruit Punch Chocolate Milk		<b>MARRY ME CHICKEN BREAST</b> Lemon Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Cinnamon Apple Slices Cranberry Apple Juice Milk		<b>TUNA SALAD SANDWICH</b> WGR White Wheat Bread Lettuce & Tomato Lentil & Spinach Soup w/Crackers Corn & Edamame Salad Applesauce Milk		<b>POT ROAST OF BEEF</b> w/Stroganoff Sauce Roasted Potatoes Seasoned Greens WGR White Wheat Bread Mandarin Oranges Grape Juice Milk									
23.	862 cal	24.	(SL) Sign up by 2/17	25.	815 cal	26.	672 cal	27.	623 cal								
<b>CREAMY CHICKEN</b> <b>PICCATA</b> WGR Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk		<b>Boxed Lunch</b> <b>COLD GRILLED CHICKEN BREAST</b> on a WGR Roll Baby Carrots Cheese Stick Fruit & Chips or Cookie Fruit Juice		<b>TUNA NOODLE CASSEROLE</b> Chickpea & Tomato Salad WGR White Wheat Bread Hot Cinnamon Apples Tomato Juice Milk		<b>CHICKEN BREAST</b> w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots WGR White Wheat Bread Pineapple Tidbits Orange Juice Milk		<b>MEATBALL &amp; CHEESE SUB</b> on a WGR Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk									
<b>MEAL RESERVATION PROCESS:</b> To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. <b>TWO (2)</b> working days in advance. To order a meal designated as a "Special Lunch" (SL) (February 13 & 24), you must sign up no later than 10:00 a.m. <b>FIVE (5)</b> working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: <b>\$4.00</b> is the suggested donation. Under Age 60: there is a <b>\$7.00</b> charge for lunch. <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i>																	
																	



**BOB CASSILLY**  
 Harford County Executive  
**Barbara W. Richardson**  
 Director

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**Office on Aging**

[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) | 410.638.3025