


HARFORD COUNTY SENIOR CENTERS | Havre de Grace Senior Activity Center

LUNCH MENU - FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 810 cal PEPPERJACK TURKEY BURGER WGR Roll Lettuce & Tomato Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt w/Granola Pineapple Juice	3. 993 cal INDIAN BUTTER CHICKEN Bombay Brown Rice Kachumber Salad (Indian Cucumber, Tomato & Onion) WGR White Wheat Bread Mandarin Oranges Grape Juice Milk	4. 659 cal YOUNT AT HEART LUNCH FOR MEMBERS ONLY	5. 548 cal CREAMY CHICKEN CASSEROLE Yellow Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Diced Peaches Apple Cranberry Juice Milk	6. 716 cal CHEDDAR CHEESEBURGER on a WGR Roll Lettuce & Tomato Corn O'Brien Creamy Cucumber Salad Apple Juice Milk
9. 838 cal ROASTED PORK LOIN w/Dijon Cream Sauce Garlic Mashed Potatoes Okra & Tomatoes WGR White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk	10. 781 cal ITALIAN SAUSAGE & CHEESE SUB w/Peppers & Onions WGR Roll Red Cabbage Slaw Fruited Yogurt Pineapple Juice	11. 626 cal CHICKEN BREAST FRICASSEE Brown Rice Pilaf Mixed Vegetables WGR White Wheat Bread Apple Slices Grape Juice Milk	12. 694 cal SALISBURY STEAK w/Mushroom Gravy Herb Roasted Potatoes Seasoned Greens Amish Navy Bean Salad White Wheat Bread Apple Juice Milk	13. (SL) Sign up by 2/6 Valentine's Day Lunch ROAST EYE ROUND OF BEEF Mashed Potatoes w/Gravy Green Bean Casserole WGR Roll Cherry Pie w/whip topping Milk 1175 cal
16.  ALL CENTERS CLOSED	17. 652 cal SLICED HAM w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots WGR White Wheat Bread Pineapple Tidbits Fruit Punch Chocolate Milk	18. 638 cal MARRY ME CHICKEN BREAST Lemon Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Cinnamon Apple Slices Cranberry Apple Juice Milk	19. 806 cal TUNA SALAD SANDWICH WGR White Wheat Bread Lettuce & Tomato Lentil & Spinach Soup w/Crackers Corn & Edamame Salad Applesauce Milk	20. 574 cal POT ROAST OF BEEF w/Stroganoff Sauce Roasted Potatoes Seasoned Greens WGR White Wheat Bread Mandarin Oranges Grape Juice Milk
23. 862 cal CREAMY CHICKEN PICCATA WGR Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk	24. (SL) Sign up by 2/17 Boxed Lunch COLD GRILLED CHICKEN BREAST on a WGR Roll Baby Carrots Cheese Stick Fruit & Chips or Cookie Fruit Juice 850 cal	25. 815 cal TUNA NOODLE CASSEROLE Chickpea & Tomato Salad WGR White Wheat Bread Hot Cinnamon Apples Tomato Juice Milk	26. 672 cal CHICKEN BREAST w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots WGR White Wheat Bread Pineapple Tidbits Orange Juice Milk	27. 623 cal MEATBALL & CHEESE SUB on a WGR Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk

MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. **TWO (2)** 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. **FIVE (5)** 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: **\$4.00** is the suggested donation. Under Age 60: there is a **\$7.00** charge for lunch. *Vegetarian lunch option is available; Please see the front desk for details and to sign up.*



BOB CASSILLY
Harford County Executive
Barbara W. Richardson
Director

**Harford County Housing & Community Services
Office on Aging**

www.harfordcountymd.gov/services | 410.638.3025