

Spring Assisted Living

FEBRUARY 2026 MENU

Menu subject to change without prior notice.
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Hot or Cold Cereal, Bacon Egg of the Day, Toast, Jelly LUNCH Herb Crusted Pork Roast Mashed Potatoes Italian Blend Vegetables, Roll Fresh Baked Cookie DINNER Black Bean Tortilla Casserole Mexicali Corn, Roll Rosy Applesauce	BREAKFAST Hot or Cold Cereal Sausage Patty, Biscuit, Jelly LUNCH Mexican Chicken w/Rice Mixed Vegetables, Roll Brownie DINNER Beef Stew, Potatoes Seasoned Peas, Biscuit Fruit Cocktail GROUNDHOG DAY	BREAKFAST Hot or Cold Cereal BRK Omelet, Muffin LUNCH Meatloaf, Ketchup Sauce Au Gratin Potatoes Roasted Cauliflower, Biscuit Orange Mousse Gelatin DINNER Chicken Tenders, Tater Tots Steamed Cabbage, Roll Pineapple Tidbits w/Cherry	BREAKFAST Hot or Cold Cereal Sausage Patty, Pancakes, Syrup LUNCH Seasoned Beans, Ham Skillet Fried Potatoes Seasoned Greens, Cornbread Caramel Baked Apple DINNER Cheese Ravioli, Marinara Sauce California Blended Vegetables Bread Stick, Frosted Cake	BREAKFAST Hot or Cold Cereal Scrambled Egg, Coffee Cake LUNCH Chicken Enchiladas Refried Beans Shredded Lettuce, Tomato Vanilla Pudding DINNER Teriyaki Steak Steamed Rice, Broccoli Peaches	BREAKFAST Hot or Cold Cereal Breakfast Ham Slice, Waffle, Syrup LUNCH Krabby Cake, Cheesy Diced Potatoes Parsley Carrots, Roll Peanut Butter Chocolate Chip Bar DINNER Chicken Alfredo Penne Roasted Brussel Sprouts Mandarin Oranges	BREAKFAST Hot or Cold Cereal Scrambled Egg, Cheese, Biscuit, Jelly LUNCH Roast Turkey, Mashed Potatoes, Gravy Seasoned Green Beans, Roll Powdered Donut Holes DINNER Beef Macaroni Casserole Buttered Corn, Bread Stick Banana Gelatin
BREAKFAST Hot or Cold Cereal BRK Omelet, Bacon, Cinnamon Toast LUNCH Fried Chicken, Mashed Potatoes, Gravy Italian Blend Vegetables, Biscuit Frosted Spice Cake DINNER Hamburger, Tater Tots Lettuce, Tomato, Pickle Banana, Mandarin Oranges SUPER BOWL LX	BREAKFAST Hot or Cold Cereal, Scrambled Egg Biscuit, Jelly LUNCH Pork Milanese, Herbed Rice Mixed Vegetables, Roll Peachy Orange Fluff DINNER Baked Ziti Roasted Cauliflower, Bread Stick Blonde Brownie	BREAKFAST Hot or Cold Cereal Sausage Patty, Pancakes, Syrup LUNCH Loaded Baked Potato w/Chili Seasoned Green Beans, Roll Chocolate Frosted Yellow Cake DINNER Green Chili Chicken, Savory Rice Buttered Carrots, Bread Stick Diced Pears	BREAKFAST Hot or Cold Cereal Scrambled Egg, Cheese, Toast, Jelly LUNCH Baked Ham, Seasoned Beans Steamed Cabbage, Cornbread Banana Gelatin DINNER Hamburger Steak, Gravy Mashed Potatoes, Seasoned Peas, Roll Snickerdoodles	BREAKFAST Hot or Cold Cereal Sausage Patty, Waffle, Syrup LUNCH Chicken Scallopini, Penne Pasta California Blended Vegetables Biscuit, Key Lime Bar DINNER Tomato Soup, Grilled Cheese Sandwich, Baked Thin French Fries Fresh Cocktail w/Topping	BREAKFAST Hot or Cold Cereal BRK Omelet, Toast, Jelly LUNCH Basil Baked Fish Garden Vegetable Rice, Parslied Carrots Roll, Pudding DINNER BBQ Pork Rib, Macaroni & Cheese Baked Tomato Half Cornbread, Pineapple Tidbits	BREAKFAST Hot or Cold Cereal Breakfast Ham Slice, Biscuit, Jelly LUNCH Penne w/Meat Sauce Seasoned Green Beans Garlic Bread Stick Spice Cookies DINNER Chicken Tenders, Boston Baked Beans Creamy Coleslaw, Biscuit, Peaches VALENTINE'S DAY
BREAKFAST Hot or Cold Cereal Scrambled Egg, Toast, Jelly LUNCH Pork Roast, Pineapple Sauce Baked Sweet Potato Roasted Brussel Sprouts, Biscuit Lemon Chess Pie DINNER Chili Mac & Cheese Buttered Corn, Roll Diced Pears	BREAKFAST Hot or Cold Cereal Sausage Patty, Pancakes, Syrup LUNCH Roast Turkey, Mashed Potatoes, Gravy Mixed Vegetables, Roll Chocolate Pudding DINNER Pork Adobo Steamed Rice, Broccoli Pineapple Tidbits PRESIDENTS' DAY	BREAKFAST Hot or Cold Cereal Scrambled Egg, Cheese, Toast, Jelly LUNCH Meatloaf, Au Gratin Potatoes Seasoned Peas, Roll Butter Bars DINNER Chicken & Rice Casserole Parslied Carrots Banana, Mandarin Oranges	BREAKFAST Hot or Cold Cereal Sausage Patty, Biscuit, Gravy LUNCH Stir Fry Chicken Steamed Rice, Seasoned Green Beans Cinnamon Sugar Donut Holes DINNER Chile Rellano Casserole, Refried Beans Shredded Lettuce, Tomato Hot Spiced Apples	BREAKFAST Hot or Cold Cereal Scrambled Egg, Bacon, Muffin LUNCH Lasagna, Italian Blend Vegetables Garlic Bread Stick Key Lime Cake DINNER Chicken & Dumplings, Biscuit California Blend Vegetables Peaches	BREAKFAST Hot or Cold Cereal BRK Omelet, Biscuit, Jelly LUNCH Potato Crusted Fish, Rice Pilaf Seasoned Greens, Roll Frosted Chocolate Cake DINNER BBQ Pork, Bun Boston Baked Beans, Coleslaw Mixed Fruit Cup	BREAKFAST Hot or Cold Cereal Scrambled Egg, Cinnamon Toast LUNCH Pot Roast, Gravy Buttered New Potatoes Mixed Vegetables, Roll Fresh Baked Cookie DINNER Chicken Pozole, Mexicali Corn Tortilla Apple Sauce
BREAKFAST Hot or Cold Cereal, Bacon Scrambled Egg, Hash Browns LUNCH Orange Glazed Chicken Savory Rice, Roll California Blend Vegetables Snickerdoodles DINNER Pork Roast, Gravy, Biscuit Red Bliss Potatoes, Buttered Carrots Banana, Mandarin Oranges	BREAKFAST Hot or Cold Cereal BRK Omelet, Muffin LUNCH Penne w/Meat Sauce Seasoned Green Beans Garlic Bread Stick Frosted Chocolate Cake DINNER Cheese Enchiladas, Refried Beans Shredded Lettuce, Tomato Peaches	BREAKFAST Hot or Cold Cereal Sausage Patty, Biscuit, Jelly LUNCH Baked Ham, Whipped Sweet Potatoes Italian Blend Vegetables Gelatin Jewels DINNER Chili, Buttered Corn, Cornbread Pineapple Tidbits, Mandarin Oranges LUNAR NEW YEAR BEGINS FAT TUESDAY / MARDI GRAS	BREAKFAST Hot or Cold Cereal Scrambled Egg & Cheese Cinnamon Toast LUNCH Baked Chicken, Bowtie Pasta Di Aglio Parslied Carrots, Roll Bananas Foster Cake DINNER BBQ Pork Rib, Boston Baked Beans Seasoned Greens Diced Pears	BREAKFAST Hot or Cold Cereal Sausage Patty, Biscuit, Gravy LUNCH Beef Tips, Gravy Parslied Rice, Seasoned Green Beans Roll, Fresh Cocktail w/Topping DINNER Tomato Soup Grilled Cheese Sandwich Baked Thin French Fries Fresh Baked Cookie	BREAKFAST Hot or Cold Cereal Breakfast Ham Slice, Pancakes, Syrup LUNCH Crunchy Fish, Penne Pasta Broccoli Salad, Roll Blonde Brownie DINNER Beef Taco Pocket Spanish Rice, Mexicali Corn Baked Apple	BREAKFAST Hot or Cold Cereal Scrambled Egg, Coffee Cake LUNCH Fried Chicken, Mashed Potatoes Mixed Vegetables, Cornbread Cherry Cake DINNER Tuna Salad Sandwich Lettuce & Tomato Slices, Potato Chips Banana Pudding

- BEVERAGES**
- Apple Juice
 - Orange Juice
 - Prune Juice
 - Coffee (mornings)
 - Hot Tea
 - Hot Chocolate
 - Milk 2%
 - Water

BREAKFAST MADE TO ORDER

- Eggs Your Way
- Sausage or Bacon
- Toast
- Pancake
- or French Toast
- Oatmeal
- Cream of Wheat
- Cold Cereal

February Monthly Celebrations to Note...

- Alzheimer Awareness Month
- Be Kind To Food Servers Month
- Big and Tall Month
- Int'l Creativity Month
- Nat'l Blood Donor Month
- Nat'l Eye Care Month
- Nat'l Fiber Focus Month
- Nat'l Get Organized Month
- Nat'l Glaucoma Awareness Month
- Nat'l Hobby Month
- Nat'l Hot Tea Month
- Nat'l Maybe I Will and Maybe I Won't
- Nat'l Oatmeal Month
- Nat'l Soup Month
- Nat'l Staying Healthy Month
- Nat'l Thank You Month
- Celebration of Life Month
- Get a Balanced Life Month
- Poverty Awareness Moth
- Self Love Month



MENU ALTERNATIVES

- Ham, Turkey
- Peanut Butter Jelly or
- Grilled Cheese Sandwich
- Cold Veggie Plate w/Dressing
- Tuna or Green Salad
- Cheese Quesadilla
- Oven Chicken Breast, Ham