

FEBRUARY 2026

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 - Mixed Salad - Meatballs - Rice - Yogurt	3 - Cucumbers - Lemon Salmon - Dauphinoise Potatoes - Fruit	4 - Brussel Sprouts - Garlic Pasta - Grilled Fish - Applesauce	5 - Carrots with Béchamel - Grilled Chicken - Orzo - Fruit	6 - Tomato Soup - Grilled Cheese - Cupcakes	7
8	9 - Quinoa, Beet and Feta Salad - Grilled Fish - Veggies - Yogurt	10 - Veggies and Dip - Beef Stew - Risotto - AppleSauce	11 - Salad - Mushroom and Chicken Pasta - Fruit	12 - Quesadillas - Steak - Crispy Broccoli - Fruit	13 - Mixed Salad - Tomato Farcies - Rice - Strawberries and Crème	14
15	16 - Greek Salad - Lemon Chicken - Creamy Chickpeas - AppleSauce	17 - Strawberry Salad - Fish - Gratin Potatoes - Fruit	18 - Cucumber Salad - Garlic Roasted Shrimp - Rice - Yogurt	19 - Caesars Salad - Lasagna - Crispy Veggies - Fruit	20 - Asparagus Salad - Chicken Wraps - Veggies - Chocolate Mousse	21
22	23 - Tomato Salad - Creamy Chicken and Broccoli - Couscous - AppleSauce	24 - Butternut Squash Salad - Creamy Salmon - Quinoa - Fruit	25 - Avocado Salad - Crispy Beef Tacos - Veggies - Yogurt	26 - Mixed Salad - Chicken Sliders - Sweet Potatoes - Fruit	27 - Corn - Tuna Pasta - Green Beans - Brownies	28

NOTE: THE DESSERTS FOR INFANTS AND PRE - TODDLERS IS ALWAYS MADE WITH OATMEAL AND FRUITS | NO SUGAR | NO FLOUR |