

COUNTY OF SETTLER HOUSING AUTHORITY 2026 FINAL

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 1

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Big Breakfast Fried Eggs, Bacon or Sausage, Hashbrowns and Toast Assorted Fresh Fruit Basket	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Chef's Recipe Lasagna Parm. Cheese Texas Garlic Toast	Country Style BBQ Pork Ribs Baked Potato Halves Sour Cream/Chives Turnips	Juicy Baked Chicken Pieces Parfried Potatoes Steamed Broccoli With Cheese Sauce	Beef Dip Home Made Buns Potato Salad Peas & Carrots Horseradish	Garlic Herb Baked Pollock Herbed Oven Fries California Mix Alternative	Sweet and Sour Pork Bites Rice Oriental Vegetables	Roasted Turkey Whipped Potatoes Homemade Gravy Cranberry Sauce Sweet Potato Dressing
	Beet Pickles Caesar Salad Fresh Mixed Veggie Tray	B & B Pickles Coleslaw Fresh Mixed Veggie Tray	Genkins Tossed Salad Fresh Mixed Veggie Tray	Olives Fresh Mixed Veggie Tray	Pickled Onion Layered Salad With Romaine Fresh Mixed Veggie Tray	S.W. Mixed Pickles Spinach salad Fresh Mixed Veggie Tray	Dill Pickles Fruit and Nut-Tossed Salad Fresh Mixed Veggie Tray
	1/2 Hour Pudding	Cinnamon Biscuit Rolls	Homemade Apple Crisp	Orange Creamsicle Poke Cake	Ice Cream Treats	Skor Cake	Fruit Pie
Evening Salad Bar	Carrot & Raisin Salad Fruit Salad BLT Salad	Pistachio Salad Fruit Tray w/ Cantaloupe Marinated Veggies	Orange Jello With Cottage Cheese Spinach Salad Fruit Salad	Carrot & Celery Sticks With Ranch Dip Mixed Greens Fruit Tray	Sliced Tomato & Cuc Fruit Salad Assorted Cheese Platter	Green Salad Fruit Tray Cottage Cheese	Broccoli Salad Fruit Salad Celery with Cheeze Whiz
Supper	Assorted Entrees	Cod Fish Sticks Alternative - Chicken Strips	Homemade Pot Pies	Salt & Pepper Baked Chicken Wings Tater-Tots	Homemade Omelettes Fresh Tossed Salad	Homemade Pizza Chef's Choice Toppings	Turkey or Ham Buns
	Soup: Sand:	Soup: Sand:	Soup: Sand:	Soup: Sand:	Soup: Sand:	Soup: Sand:	Soup: Sand:
	Assorted Desserts	Cheese Cake Parfaits	Tapoca Pudding With Fruit Cocktail	Peaches	Magic Cookie Bars	Stewed Strawberries and Rhubarb	Vanilla Pudding

M. O'Nealon, RD
Feb 19/2026

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

COUNTY OF SETTLER HOUSING AUTHORITY 2026 FINAL

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 2

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatless Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Beef Stroganoff Buttered Noodles Mixed Veggies Beet Pickles Tossed Saladw/tomatoes and Romaine Carrots with a Fresh Mixed Veggie Tray Pumpkin Torte	Pulled Pork Oven Baked French Fries Kernel Corn Coleslaw Olives Fresh Mixed Veggie Tray Ice Cream	Cornflake Chicken Boiled Potatoes Roasted Carrots w/Creamy Greek Yogurt Sauce Sweet Mixed Japanese Salad Fresh Mixed Veggie Tray Lemon Dessert	Chef's Choice Beef Main Mashed Potatoes California Mix With Cheese Sauce Gherkins Caesar Salad Fresh Mixed Veggie Tray Banana Split Dessert	Salmon Loins w/Cream and Dill Sauce Rice Pilaff Peas Alternate B & B Pickles Waldorf Salad Fresh Mixed Veggie Tray Peach Cobbler	Homemade Hamburgers Baked Beans Potato Salad Sliced Tomatoes, Lettuce Onions, Cheese Fresh Mixed Veggie Tray Butter Tart Squares	Apple Honey BBQ Pork Shoulder Mashed Potatoes Gravy Baked Squasah Dill Pickles Broccoli, Orange & Almond Salad Fresh Mixed Veggie Tray Cream Pie
Evening Salada Bar	Old Fashioned Carrot Salad Fresh Fruit Tray Three Bean Salad Assorted Entrees	Mixed Fruit Tray Tossed Salad Tortlere	Marinated Onion Salad Broccoli Orange Salad Fruit Tray Pollock Cakes Alternate: Egg Salad	Mushroom Salad Fruit Salad w/Cantaloupe Crunchy Pea Salad Ham and Turkey Subs	Mixed Greens Salad Fruit Tray Ground Pork Tacos soft or Hard Shell Cook Choice With all the fixings Apple Turnovers	Chinese Mandarin Fruit Salad Spinach Salad Poached Eggs Toast Coffee Cake	Cobb Salad Fruit Tray Coleslaw Rueben On Rye Bread Cherry Cheesecake
Supper	Assorted Desserts	Strawberry Brownies	Pears and Cookies	Strawberries and Cream			

McMahon, BS
Feb 19/2026

COUNTY OF STETTLER HOUSING AUTHORITY 2026 FINAL

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 3

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Beef Stew with Carrots, Turnips and Potatoes Homemade Biscuits Olives Spinach Salad Fresh Mixed Veggie Tray Pistachio Pudding Square	Pork Chop/s w/ Bone In Baked Potato With Fixings Brussel Sprouts Gherkins Greek Salad w/Romaine Fresh Mixed Veggie Tray Apple Cake	Ginger Beef w/Stir-fry Veggies and Snap Peas Fried Rice Sliced Dill Pickles Garden Salad Fresh Veg Tray w/Carrots Cream Puffs	Roasted Chicken Gravy Mashed Potatoes Beets Sweet Mixed Coleslaw w/Carrot Fresh Mixed Veggie Tray Coconut Delight	Crispy Baked Haddock Roasted Potatoes Squash Alternate Onion Pickle Chef Tossed w/Romaine Fresh Mixed Veggie Tray Cherry Slice	Honey Garlic Meatballs Mashed Potatoes Carrots & Peas Beet Pickle Layered Salad Fresh Mixed Veggie Tray Blueberry Buckle	Pineapple Baked Ham Scalloped Potatoes Braised Cabbage Dill Pickles Spring Salad with Nuts and Apple Fresh Mixed Veggie Tray Fruit Pie
Evening Salad Bar	Parmesan Salad Fruit Salad Potato Salad	Cucumber Salad Deviled Eggs Fruit Tray w/Cantaloupe Japanese Salad	Fresh Tomato Tray Fruit Salad Mandarin Orange Salad	Chef Salad Fruit Tray Peaches & Cream Salad	Corn Chip Salad Fruit Salad Onion Salad	Tossed salad Fruit Tray Waldorf Salad	Orange/Grapefruit salad Fruit Salad w/cantaloupe Cottage Cheese
Supper	Assorted Entrees Resident's Choice Soup: Sand:	Tuna Melt Alternate - Chicken Melt Soup: Sand:	Scrambled Eggs Bacon Pancakes Pears	Sloppy/loes w/Home Made Buns Ice Cream	Dry Pork Ribs Crispy Oven Baked Onion Rings Brownies	Chili Con Carne With Corn Bread Rhubarb Crisp	Chicken Salad Croissant Homemade Reese's Peanut Butter Bars

*SM O'NEILL, RD
Feb 19/2026*

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/With Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

COUNTY OF STETTLEHUR HOUSING AUTHORITY 2026 FINAL

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 4

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Savory Meatloaf Mashed Potatoes Creamed Peas Beet Pickle Greek Salad	Coconut Chicken Sticky Rice Steamed Broccoli Dill Pickles Tossed Salad	Beef Sausages Oven Roasted Potatoes Mixed Veggies Sweet Mixed Caesar Salad w/Romaine	Roast Pork Gravy Garlic Mashed Potatoes Beets Olives	Oven Baked Battered Cod French Fries Spinach Alternate: Roast Pork B & B Pickles Cauliflower Salad	Beef Liver & Onions Mashed Potatoes Gravy Dilled Carrots Alternate: Chef's Choice Gherkins Tomato & Cucumber Salad	Roast Beef Mashed Potatoes Gravy Roasted Vegetables Onion Pickles Five Cup Salad
Evening Salad Bar	Pasta Salad Fruit Tray Cucumbers/Onions w/Sour cream	Taco Salad Devilled Eggs Fruit Salad w/Cantaloupe 7-Up Salad	Tomato Tray Fruit Tray Shrimp Salad (Dilled)	Chef's Salad Fruit Salad Tomato/Cuke/Mushroom Salad	Corn Chip Salad Fruit Tray Marinated Salad	Oriental Salad Fruit Salad Broccoli Apple Slaw	Spring Mix Fruit Tray w/Cantaloupe Spinach Salad with Strawberries
Supper	Fish Burger Alternate Soup: Sand: Assorted Desserts Resident's Choice	Roasted Pork Garlic Ribs Hand Cut Potato Wedges Soup: Sand: Ice Cream	Authentic Chicken Burgers Soup: Sand: Carrot Cake	Shepherd's Pie Soup: Sand: Chef's Choice	Homemade Pizza Ham and Cheese Pepperoni & Mushroom Soup: Sand: Puffed Wheat Square	Bacon & Eggers On A Bun Soup: Sand: Jelly Roll	Perogies And Sausage Caramelized Onions Soup: Sand: Pineapple Delight

M. A. Mason, RD
Feb 19/2026

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato