






<p><b>Monday</b></p> 	<p><b>Tuesday</b></p> 	<p><b>Wednesday</b></p>  <p>Vegetarian Dish</p>  <p>High Sodium Dish</p> <p>LS</p> <p>Low Sodium</p>	<p><b>Thursday</b></p> 	<p><b>Friday</b></p> <p>"No eligible individual shall be denied participation because of failure or inability to contribute"</p>
<p><b>MORGAN HILL SENIOR CAFE NOVEMBER 2019</b></p>			<p>Suggested Contribution rate per meal: \$3.00 (60 and over)            * A Meal Card : <b>\$30 .00 (11 meals)</b>            * <b>Required Guest Fee: \$8.00</b></p>	<p><b>1</b> Herbed Baked Salmon            Tartar Sauce on the Side            Brown Rice            Roasted Asparagus            LS Tomato Soup            Fresh Cantaloupe / Milk</p>
<p><b>4</b> Chicken Stir Fry            Whole Grain Noodles            Broccoli, Red Bell Pepper,            Sugar Snap Peas in Entrée            LS Cook's Choice Soup            Tropical Fruit / Milk</p>	<p><b>5</b> Homemade Beef Stew            Whole Grain Roll            Carrots, Peas, Celery, Red Potatoes &amp; Onions in Stew            Broccoli Raisin Salad            Fresh Fruit / Milk</p>	<p><b>6</b> Baked Orange Chicken            Whole Grain Parsley Noodles            Bahamas Blend Vegetables            LS Corn Chowder Soup            Fresh Fruit            Milk</p>	<p><b>7</b> Lemon Pepper Salmon            Tartar Sauce on the side            Brown Rice / Steamed Cauliflower &amp; Carrots            Sautéed Onions &amp; Green Peppers / Apple Sauce / Milk</p>	<p><b>8</b> Chile Relleno            Brown Spanish Rice            Pinto Beans            Romaine Salad &amp; Carrots            Mandarin Oranges            Milk</p> 
<p><b>11</b>   <b>SENIOR CENTER CLOSED</b></p>	<p><b>12</b> Roasted Chicken            Steamed Brown Rice            Spinach with Garlic            LS Lentil Soup            Fresh Orange            Milk</p> 	<p><b>13</b> Pork Chile Verde            Corn Tortilla            Pinto Beans            Green Salad with Red Bell Peppers &amp; Tomato            Diced Peaches / Milk</p>	<p><b>14</b> Philly Beef Steak            Sandwich / Whole Grain Bread/            Sautéed Onion &amp; Bell Peppers            Potatoes Wedges            Mandarin Oranges / Milk</p>	<p><b>15</b> Homemade Chicken Enchiladas (1)            Sour Cream / Corn Tortilla            Refried Beans            Tossed Salad &amp; Broccoli            Fresh Fruit / Milk</p>
<p><b>18</b> Pork Roast &amp; LS Gravy            Whole Grain Bread            Roasted Brussel Sprouts            Roasted Red Potatoes            Fresh Banana            Milk</p>	<p><b>19</b> Batter Beer Fish Tacos            Brown Rice / Corn Tortilla            Cabbage Slaw with Carrots            LS Tomato Soup            Fresh Salsa            Pineapple Tidbits / Milk</p>	<p><b>20</b> Cheeseburger            Whole Grain Hamburger Bun / Baked Tater Tots            Lettuce/ Tomato / Onion            LS Lentil Soup            Fresh Orange / Milk</p>	<p><b>21</b> Paprika Roasted Chicken            Whole Grain Rice Pilaf            Steamed Fresh Spinach Salad w/            Cranberries &amp; Almonds            Fresh Fruit / Milk</p>	<p><b>22</b> Meat Loaf &amp; LS Gravy            Whole Grain Bread            Herb Steamed Carrots            Mashed Potatoes            Gelatin in Mandaring            Oranges / Milk</p>
<p><b>25</b> Beef Stroganoff            Whole Grain Noodle            Mushrooms, Onions in Entrée            Fresh Roasted Broccoli            Carrot Salad            Apricot Cup / Milk</p>	<p><b>26</b> Roasted Turkey &amp; Gravy            Dinner Roll / Cranberry Sauce  <b>Sweet Potatoes Yams</b>  <b>Bread Stuffing</b>  <b>Green Beans Almandine</b>  <b>Pumpkin Pie / Fruit / Milk</b></p> 	<p><b>27</b> Parmesan Tilapia            Tartar Sauce on the side            Steamed Brown Rice            Roasted Asparagus            LS Vegetable Soup            Fresh Orange / Milk</p>	<p><b>28</b>  <b>29</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	