

Monday

Tuesday

Wednesday

Thursday

Friday



MARCH



Vegetarian Dish



High Sodium Dish



Low Sodium

"No eligible individual shall be denied participation because of failure or inability to contribute"



MORGAN HILL SENIOR CAFFE 2019




Suggested Contribution rate per meal:
\$3.00 (60 and over)

- A Meal Card \$30 .00 (11 meals)
- Required Guest Fee: \$8.00 (under 60)



- 1** BBQ Pork Ribs
Whole Grain Garlic Bread
Corn Kernel
Fresh Potato Salad
Fresh Fruit in Season
Milk

- 4** Spinach Quesadilla 
Whole Grain Tortilla
Garden Blend Vegetables
LS Cream of Broccoli
Soup
Pineapple Chunks / Milk

- 5** Jambalaya Shrimp and Chicken / Brown Rice
Bell Peppers in Entrée
Corn Bread Muffin
Mardi Gras Slaw
Orange / Milk



- 6** Roast Beef & LS Gravy
Whole Grain Roll
Steamed Spinach
Baked Potato
Fresh Banana
Milk

- 7** Chicken Tostada Bowl
Brown Spanish Rice
Black Beans / Salsa
Shredded Lettuce
Diced Tomato
Jell -O Mandarin Oranges / Milk

- 8** Baked Tilapia Fillet
Tartar Sauce on the Side
Steamed Brown Rice
Peas and Carrots
Coleslaw
Fresh Apple / Milk

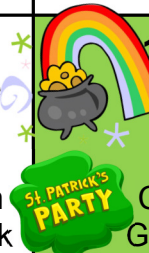
- 11** Chicken Stir Fry
Brown Rice
Broccoli, Red Bell Pepper,
Sugar Snap Peas in
Entrée / LS French Onion
Soup / Fresh Fruit / Milk

- 12** Beef Stew
Whole Grain Roll
Carrots, Peas, Red
Potatoes & Onions in Stew
Broccoli Raisin Salad
Fresh Fruit / Milk

- 13** Baked Chicken
Pesto Whole Grain Pasta
Garlic Zucchini and Yellow
Squash
LS Corn Chowder Soup
Tropical Fruit / Milk

- 14** Baked Salmon
Tatar Sauce on the Side
Brown Rice / Steamed
Cauliflower & Carrots
Sautéed Onion & Green
Pepper / Fresh Fruit / Milk

- 15** Corned Beef & Mustard Sauce/
Whole Grain Roll
Red Potatoes
Carrots & Cabbage
Green Apple / Milk



- 18** Philly Cheese Steak
Sandwich / Sautéed
Onions & Bell Peppers
Potato Wedges
Coleslaw with Carrots
Fresh Banana / Milk

- 19** Roasted Chicken
Steamed Brown Rice
Roasted Sweet Potatoes
LS Hearty Vegetable Soup
Fresh Apple
Milk

- 20** Tilapia Fish Filet
Tartar Sauce on the side
Seasoned Quinoa
Roasted Carrots w/ Thyme
Spinach Salad w/ Cranberries
Tropical Fruit / Milk


- 21** Chile Verde 
Brown Spanish Rice
Pinto Beans
Shredded Lettuce
Diced Onion & Cilantro
Fresh Orange / Milk

- 22** Homemade Beef
Enchiladas (1)
Corn Tortilla
Black Beans
Tossed Salad w/ Broccoli
Mandarin Oranges / Milk

- 25** Fish Tacos (2)
White Rice
Cabbage Slaw
Pico de Gallo / Diced
Tomato, Onions & Cilantro
Fresh Orange / Milk

- 26** Pork Roast & LS Gravy
Whole Grain Bread
Mix Vegetables
Fresh Sweet Potatoes
Pineapple Tidbits
Milk

- 27** Cheeseburger
Whole Grain Hamburger
Bun / Baked Potato Fries
Lettuce / Tomato / Onion
LS Lentil Soup
Fresh Cantaloupe / Milk

- 28** Chicken Teriyaki 
Whole Wheat Chow Mein
Noodles / Steamed Broccoli
Green Salad & Seasonal
Vegetables/ Jell-O with
Mandarin Oranges / Milk

- 29** Meat Loaf & LS Gravy
Whole Grain Bread
Herb Steamed Carrots
Medium Baked Potato
Fresh Banana
Milk