









 <b>Monday</b>	<b>Tuesday</b> <b>MORGAN HILL</b> <b>SENIOR CAFFE</b> <b>DECEMBER 2018</b>	<b>Wednesday</b>  Vegetarian Dish  High Sodium Dish <b>LS</b> Low Sodium	<b>Thursday</b>	<b>Friday</b> 
<b>3</b> Philly Cheese Steak Sandwich /Sautéed Onions & Bell Peppers Potato Wedges Coleslaw with Carrots Fresh Banana / Milk	<b>4</b> Roasted Chicken Steamed Brown Rice Roasted Sweet Potatoes <b>LS</b> Hearty Vegetable Soup Fresh Apple Milk	<b>5</b> Parmesan Baked Tilapia Tartar Sauce on the side Seasoned Quinoa Roasted Carrots w/ Thyme Spinach Salad w/ Cranberries Tropical Fruit / Milk	<b>6</b> Chile Verde  Brown Spanish Rice Pinto Beans Diced Onion with Cilantro Fresh Orange Milk	<b>7</b> Homemade Chicken Enchiladas (1) Corn Tortilla Black Beans Tossed Salad w/ Broccoli Mandarin Oranges / Milk
<b>10</b> Fish Tacos White Rice & Bell Peppers Corn Tortilla (2) Cabbage Slaw Pico de Gallo Fresh Orange / Milk	<b>11</b> Pork Roast & <b>LS</b> Gravy Whole Grain Bread Mix Vegetables Sweet Potatoes Pineapple Tidbits Milk	<b>12</b> Cheeseburger Whole Grain Hamburger Bun / Baked Potato Fries Lettuce / Tomato / Onion <b>LS</b> Lentil Soup Fresh Cantaloupe / Milk	<b>13</b> Chicken Teriyaki  Whole Wheat Chow Mein Noodles / Steamed Broccoli Green Salad & Seasonal Vegetables/ Jell-O with Mandarin Oranges / Milk	<b>14</b> Meat Loaf & <b>LS</b> Gravy Whole Grain Bread Herb Steamed Carrots Baked Potato Fresh Banana Milk
 <b>17</b> Baked Ham with Pineapple Glaze Scalloped Potatoes Holiday Broccoli Salad Fruit / Milk	<b>18</b> Baked Chicken Brown Basmati Rice Steamed Carrots Broccoli, Raisin Cranberry Salad Mandarin Oranges / Milk	<b>19</b> Herbed Baked Salmon Tartar Sauce on the Side Whole Wheat Pasta Roasted Asparagus <b>LS</b> Vegetable Soup Fresh Orange / Milk	<b>20</b> Spaghetti & Meatballs Whole Grain Bread Blend Carrots, Zucchini Caesar Romaine Salad & Cherry Tomatoes Fresh Fruit / Milk	<b>21</b> BBQ Pork Ribs Whole Grain Garlic Bread Corn Kernels Fresh Potato Salad Cantaloupe Cup Milk
<b>24</b> 	<div style="background-color: #90EE90; text-align: center; padding: 5px;">SENIOR CENTER CLOSED</div> 	<b>25</b> <b>26</b> Roast Beef & <b>LS</b> Gravy Whole Grain Roll Steamed Spinach Baked Potato Fresh Banana Milk	<b>27</b> Chicken Tostada Bowl Brown Spanish Rice Pinto Beans / Salsa Shredded Lettuce Diced Tomato Jell –O Mandarin Oranges / Milk	<b>28</b> Baked Tilapia Fillet Tartar Sauce on the Side Steamed Brown Rice Peas and Carrots Coleslaw Fresh Banana / Milk
<b>NEW YEAR'S BRUNCH</b> <b>SERVED @ 10:30 am.</b> <b>31</b> Pancake (2) Bran Muffin Veggie Scramble Eggs Turkey Sausage(1) Banana /Orange Juice / Milk	<b>1/1/2019</b>  <div style="background-color: #6666FF; color: white; text-align: center; padding: 5px;">SENIOR CENTER CLOSED</div>		<div style="border: 1px dashed black; padding: 10px;">           Suggested Contribution rate per meal: \$3.00 (60 and over)           <ul style="list-style-type: none"> <li>• A Meal Card \$30 .00 (11 meals)</li> <li>• Required Guest Fee: \$8.00 (under 60)</li> </ul> </div>	