





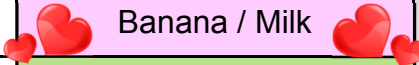





<p>Monday</p> 	<p>Tuesday</p> <p>MORGAN HILL SENIOR CAFÉ 2020</p> 	<p>Wednesday</p>  <p>Vegetarian Dish</p>  <p>High Sodium Dish</p> <p>LS Low Sodium</p>	<p>Thursday</p> <p>"No eligible individual shall be denied participation because of failure or inability to contribute"</p>	<p>Friday</p> 
<p>3 Beef Stroganoff Whole Grain Noodles Roasted Broccoli Raisin Carrot Salad Diced Peach Cup Milk</p>	<p>4 Chicken Fajitas Spanish Rice Flour Tortilla / Sautéed Onions & Bell Peppers Spinach Salad w/ Mandarin Oranges / Fresh Fruit / Milk</p>	<p>5 Baked Salmon Fillet Tartar Sauce on the Side Whole Grain Pasta Asparagus LS Vegetable Soup Fresh Orange / Milk</p>	<p>6 Meatball Soup Whole Grain French Bread Peas and Carrots in Entrée Garden Salad with Red Bell Peppers Fresh Fruit / Milk</p>	<p>7 BBQ Pulled Pork Sandwich Whole Grain Bun Potato Wedges Pineapple Coleslaw Mandarin Oranges / Milk</p>
<p>10 Vegetarian Pizza Whole Grain Flat Bread Spinach, Tomatoes and Red Onions in Entrée LS Butternut Squash Soup Pineapple Chunks / Milk</p> 	<p>11 Roast Beef & Gravy Whole Grain Roll Green Beans Mashed Potatoes Fresh Orange Milk</p>	<p>12 Chicken Quesadilla Wheat Flour Tortilla Pinto Beans / Salsa / Sour Cream / Shredded Lettuce Gelatin with 1/2 cup Mandarin Oranges / Milk</p>	<p>13 Meat Lasagna Whole Grain Garlic Bread Broccoli and Cauliflower Tossed Salad with Shredded Carrots Fresh Fruit / Milk</p>	<p>14 Shrimp Scampi Pasta Garlic Bread Sticks Roasted Asparagus Green Salad w/ Cucumbers Ice Cream Sundaes Banana / Milk</p> 
<p>17</p> 	<p>18 Homemade Beef Stew Whole Grain Roll Carrots, Peas, Celery, Red Potatoes & Onions in Stew Broccoli Raisin Salad Bananas / Milk</p>	<p>19 Lemon Pepper Salmon Tartar Sauce on the side Brown Rice / Steamed Cauliflower & Carrots Sautéed Onions & Green Peppers / Apple Sauce / Milk</p>	<p>20 Paprika Baked Chicken Whole Grain Pasta Bahamas Blend Vegetables LS Tortilla Soup Fresh Fruit in Season Milk</p>	<p>21 Chile Relleno Spanish Rice Pinto Beans Romaine Salad & Shredded Carrots Mandarin Oranges / Milk</p> 
<p>24 Parmesan Tilapia Tartar Sauce on the Side Seasoned Quinoa Roasted Carrots with Thyme / Coleslaw Fresh Banana / Milk</p>	<p>25 Herbed Baked Chicken Steamed Brown Rice Spinach with Garlic LS Lentil Soup Fresh Orange Milk</p>	<p>26 Pork Chile Verde Brown Spanish Rice Whole Pinto Beans Green Salad with Red Bell Peppers & Tomato Wedges Diced Pears Cup / Milk</p>	<p>27 Philly Cheese Steak Sandwich / Whole Grain Bread / Sautéed Onion & Bell Peppers / Potatoes Wedges LS Cook's Choice Soup Mandarin Oranges / Milk</p>	<p>28 Chicken Enchiladas Corn Tortillas Sour Cream / Salsa Refried Beans Tossed Salad with Broccoli Fresh Fruit / Milk</p>
	<p style="text-align: center;">Suggested Contribution rate per meal: \$3.00 (60 and over)</p> <ul style="list-style-type: none"> • A Meal Card \$30 .00 (11 meals) • Required Guest Fee: \$8.00 (under 60) 			<p style="text-align: center;">Birthday Celebration 2/21/20</p> 