



Tuesday
MORGAN HILL SENIOR CAFÉ 2022

Wednesday

Thursday

Friday

Vegetarian Dish
 High Sodium
LS Low Sodium

"This menu is subject to change at the discretion of Senior Nutrition Program".

3 Herb Chicken
LS Gravy on the side
Brown Steamed Rice
Fresh Broccoli
Green Salad with Red Bell Peppers
Diced Peach Cup / Milk

4 Meatball Soup
Whole Grain Bread
Carrots, Zucchini, Celery, and Onion in Entrée
Cesar Romaine Salad with Cherry Tomatoes
Mandarin Oranges / Milk

5 BBQ Pork Pulled Sandwich
Whole Grain Bun
Corn on the Cobb
Potato Salad
Fresh Fruit
Milk

6 Chicken Breast in Creamy Alfredo Sauce
Whole Grain Penne Pasta
Steamed Carrots
Broccoli, Raisin Salad
Fresh Fruit in Season
Milk

7 Salmon Fillet
Tartar Sauce on the side
Brown Rice
Brussel Sprouts
LS Butternut Squash Soup
Fresh Fruit
Milk

10 Chicken Fajitas
Whole Wheat Tortilla
Refried Pinto Beans
Sautéed Onions
Red, Green & Yellow Bell Peppers / Salsa
Mandarin Oranges / Milk

11 Beef and Cheese
Lasagna
Whole Grain Bread
Steamed Carrots
LS Hearty Vegetable Soup
Fresh Fruit in Season
Milk

12 Roasted Turkey & LS Gravy on the side
Whole Grain Roll
Green Beans
Mashed Potatoes
Fresh Fruit
Milk

13 Baked Salmon
Tartar Sauce on the side
Brown Rice
Peas and Carrots
Pineapple Coleslaw
Fruit in Season
Milk

14 Roast Beef
LS Gravy on the side
Whole Grain Bread
Steamed Garlic Spinach
Small Baked Potato
Tropical Fruit Cup
Milk

17 Shrimp Stir Fry
Steamed Brown Rice
Broccoli, Yellow, Red & Green Bell Peppers, Carrots, Onions in Entrée
Green Salad w/ Kale & Tomatoes / Fruit / Milk

18 Beef Stew
Whole Grain Biscuit
Carrots, Peas, Diced Red Potatoes, Onion in Stew
Broccoli Raisin Salad
Fresh Fruit
Milk

19 Baked Honey Lemon Chicken
Whole Grain Noodles
Garlic Roasted Yellow Squash & Zucchini
LS Cook's Choice Soup
Tropical Fruit / Milk

20 Chile Relleno
Steamed Brown Rice
Pinto Beans
Green Salad with Shredded Carrots
Mandarin Oranges
Milk

21 Baked Tilapia
Tartar Sauce
Brown Rice
Cauliflower & Carrots
Roasted Onions, Red, Green Bell Peppers
Fresh Fruit / Milk

24 Philly Cheese Steak Sandwich
Whole Grain Bun
Potato Wedges
LS Hearty Vegetable Soup
Banana
Milk

25 Homemade Chicken & Cheese Enchiladas
Corn Tortilla
Refried Black Beans
Tossed Salad & Broccoli
Tropical Fruit Cup
Milk

26 Salmon Fillet
Tartar Sauce on the side
Quinoa & Green Onions
Diced Carrots w/ Thyme
Spinach Salad with Cranberries
Mandarin Oranges/Milk

27 Roasted Chicken Drumsticks
Whole Grain Noodles
Mix Vegetables
LS Cook's choice soup
Fresh Fruit
Milk

28 Homemade Pork Chile Verde
Steamed Brown Rice
Pinto Beans
Green Salad with Carrots
Mandarin Oranges
Milk

31 Spaghetti & Meatballs in Marinara Sauce
Whole Grain Pasta
Asparagus
Tossed Green Salad with Broccoli and Tomatoes
Pudding / Milk



Suggested Contribution rate per meal:
\$3.00 (60 and over)
A Meal Card \$30.00 (11 meals)
Required Guest Fee: \$8.00

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