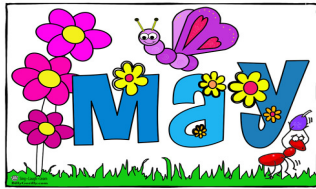


Monday



Tuesday



Wednesday



Vegetarian Dish



High Sodium Dish



Low Sodium

Thursday

Suggested Contribution rate per meal: \$3.00 (60 and over)
A Meal Card \$30 .00 (11 meals)
Required Guest Fee: \$8.00

Friday



MORGAN HILL SENIOR CAFFE 2019

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

**6 Carne Asada Tacos
Corn Tortilla (2)
Spanish Rice
Refried Beans
Guacamole / Chips
Salsa / Melon / Milk**



**7 BBQ Pork Ribs
Whole Grain Garlic Bread
Corn Kernels
Fresh Potato Salad
Baked Beans
Mandarin Oranges / Milk**

**8 Meatball Soup
Whole Grain Bread / Carrots,
Zucchini ,Onion/Celery in
Entrée / Caesar Romaine
Salad & Cherry Tomatoes
Fresh Orange / Milk**



**9 Chicken Primavera
Whole Grain Noodles
Steamed Broccoli & Carrots
Spinach Raisin, Cranberry
Salad (1 cup)
Strawberries /Milk**

**10 Baked Pollock Fillet
Tartar Sauce on the Side
Steamed Brown Rice
Roasted Asparagus
LS Tomato Soup
Cantaloupe / Milk**

**13 Chicken Marsala with
Mushrooms / Dinner Rolls
Creamy Mashed Potato
Roasted Asparagus
Cheese Cake
Strawberries
Milk**



14 Vegetarian Pizza
Whole Grain Flat Bread
Spinach, Tomato, Onion
Spinach Salad w/ Mandarin
Oranges & Feta Cheese
Gelatin w/ Mandarin Oranges
Milk

**15 Tuna Salad Plate
Whole Grain Bread
Romaine Lettuce/ Slices
Tomatoes / LS Spinach &
Mushroom Soup / Cottage
Cheese Fruit Cup / Milk**

**16 Roast Beef & LS Gravy
Whole Grain Roll
Peas & Carrots
Baked Potato (1 medium)
Sour Cream (1 oz)
Fresh Fruit / Milk**



**17 Fish Tacos (2)
White Rice / Corn Tortilla
Cabbage Slaw
Pico de Gallo (diced
Tomato, Onions & Cilantro
LS Tortilla Soup
Fresh Banana / Milk**

20 Chile Relleno
Brown Spanish Rice
Pinto Beans / Corn Tortilla
Shredded Lettuce 1/2 Cup
Tomato
Mandarin Oranges / Milk



**21 Meat Lasagna
Whole Grain Garlic Bread
Italian Blend Vegetables
Fresh Spinach Salad with
Feta Cheese
Strawberries / Milk**

**22 BBQ Chicken
Steamed Brown Rice
Garlic Zucchini and Squash
Cook's Choice LS Soup
Cantaloupe
Milk**

**23 Parmesan Tilapia with
Tomato Basil Cream Sauce
Wheat Pesto Pasta
Steamed Cauliflower &
Carrots / Sautéed Onion &
Peppers / Fresh Fruit / Milk**

**24 Chicken Stir Fry
Brown Rice / Broccoli,
Red Bell Pepper, Sugar
Snap Peas in Entrée / Ro-
maine Salad & Tomatoes
Bananas / Milk**



SENIOR CENTER CLOSED

**28 Homemade Chicken
Enchiladas (1)
Sour Cream
Corn Tortilla /Refried Beans
Shredded Lettuce & Tomato
Tropical Fruit / Milk**

**29 Philly Beef Steak
Sandwich/ Whole Grain Bun
Sautéed Onions & Bell
Peppers / Potato Wedges
Coleslaw with Carrots
Fresh Orange / Milk**

**30 Roasted Chicken
Steamed Brown Rice
Red Roasted Potatoes &
Carrots
LS Lentil Soup
Fresh Fruit / Milk**

**31 Baked Salmon
Seasoned Quinoa
Carrots with Thyme
Spinach Salad w/ Dried
Cranberries and Almonds
Mandarin Oranges / Milk**