



Tuesday

Wednesday

Thursday

Friday



MORGAN HILL SENIOR CAFÉ 2021



“This menu is subject to change at the discretion Senior Nutrition Program”.

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

“No eligible individual shall be Denied participation because of failure or Inability to contribute”

1 Lemon Pepper Salmon
Tartar Sauce on the side
Seasoned Quinoa
Carrots With Thyme
Spinach Salad with Cranberries & Almonds
Mandarin Oranges / Milk

4 Chicken Strips with LS Teriyaki Glazed
Brown Steamed Rice
Fresh Broccoli
Spinach & Mushroom Soup
Fresh Fruit / Milk 🥳

5 Pork Chops
Low Sodium Gravy
Whole Grain Bread
Sautéed Green Beans
Sweet Potatoes
Cantaloupe Cup
Milk

6 Cheeseburger
Whole Grain Bun
Potato Chips
Lettuce, Tomato, Onion
LS Cook’s Choice Soup
Fresh Orange
Milk

7 Baked Tilapia Fillet with Sautéed Onions & Peppers
Tartar Sauce on the side
Herbed Brown Rice
Brussels Sprouts
Fresh Fruit
Milk

8 Meat Loaf
Low Sodium Gravy
Whole Grain Roll
Rosemary Diced Carrots
Mashed Potatoes
Gelatin with 1/2 cup
Mandarin Oranges / Milk

11 Meatball Soup
Carrots, Zucchini Celery, and Onion in Entrée
Caesar Romaine Salad with Cherry Tomatoes & Bell Peppers / Fruit
Milk

12 Chicken Fajitas
Flour Tortilla / Sour Cream
Brown Spanish Rice
Onions, and Bell Peppers in Entrée
LS Cooks Choice Soup
Cantaloupe / Milk

13 Baked Salmon
Tartar Sauce on the side
Brown Rice
Roasted Asparagus
LS Butternut Squash Soup
Gelatin with 1/2 cup
Diced Peaches / Milk

14 BBQ Pork Ribs
Whole Grain Garlic Bread
Corn Kernels
Homemade Potato Salad
Fresh Fruit in Season
Milk

15 Veggie Pasta Primavera
Whole Grain Noodles
Broccoli, Carrots, Asparagus & Cherry Tomato
Spinach Salad & Cranberries
Fresh Fruit / Milk



18 Parmesan Tilapia
Tartar Sauce on the Side
Brown Rice
San Francisco Vegetables
Coleslaw with Carrots
Banana
Milk

19 Carne Asada– Steak Tacos (2)
Corn Tortilla / Green Salsa
Pinto Beans
Shredded Lettuce with Diced Tomatoes
Fresh Orange / Milk

20 Chicken Cobb Salad
Romaine Lettuce, Chicken
Tomatoes, Cucumbers, Hard Boiled eggs, Ham in Entrée / Ranch Dressing
LS Cook’s Choice Soup
Cantaloupe / Milk

21 Roast Beef with LS Gravy on the side
Whole Grain Roll
Mix Vegetables
Baked Potato with Sour Cream & Butter
Tropical Fruit / Milk

22 Spaghetti with Turkey Meatball in Marinara Sauce
Whole Grain Garlic Bread
Italian Blend Vegetables
Spring Salad w/ Mandarin Oranges & Feta Cheese
Pineapple Chunks / Milk

25 Chile Relleno
Spanish Rice
Corn Tortilla
Romaine Salad with Shredded Carrots
Mandarin Oranges
Milk

26 Baked Salmon Fillet with Roasted Onion & Bell Peppers
Tartar Sauce on the side
Wheat Pesto Sauce
Steamed Cauliflower and Carrots / Fruit / Milk

27 Oven Baked BBQ
Chicken Drumsticks
Steamed Brown Rice
Garlic Zucchini & Squash
LS Cook’s Choice Soup
Tropical Fruit Cup
Milk

28 Meat Lasagna
Whole Grain Garlic Bread
San Francisco Blend Vegetables
Spring Mix Green Salad with Feta Cheese
Orange
Milk

29 BBQ Pork Pulled Sandwich
Whole Grain Bun
Potato Chips
LS Squash Soup
Chocolate Pudding
Fruit / Milk

