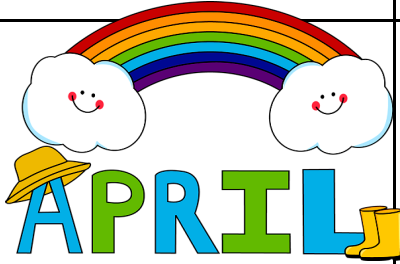


MORGAN HILL SENIOR CAFÉ 2021



Tuesday



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

Wednesday



Vegetarian Dish
High Sodium Dish
LS 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 (under 60)



Friday

1 Beer Battered Fish Taco / Corn Tortilla (1) Tartar Sauce / Brown Rice with Bell Peppers Cabbage Slaw Fruit Cup / Milk

2 Ham with Pineapple Glaze / Dinner Roll Mashed Potato Green Beans Pudding Milk



5 Salmon Fillet Tartar Sauce on the side Brown Rice Sautéed Brussels Sprouts Apple Sauce Milk

6 Meat Lasagna Whole Grain Garlic Bread 5 Way Mix Vegetables Tossed Salad with Cucumbers Fruit / Milk

7 Roasted Turkey & LS Gravy/ Whole Grain Roll San Francisco Blend Vegetables Mashed Potato Fresh Fruit / Milk

8 Chile Relleno with Tomato Sauce Spanish Rice Refried Pinto Beans Diced Peaches Milk



9 BBQ Pulled Pork Sandwich / Whole Grain Bun / Coleslaw Onion Rings Fruit Cup Milk

12 Homemade Chicken Enchiladas / Salsa Corn Tortilla Spanish Rice Mandarin Oranges Milk

13 Philly Cheesesteak Sandwich Potato Wedges LS Vegetable Soup Fruit Cup Milk

14 Pesto Tilapia Tartar Sauce on the Side Seasoned Quinoa Roasted Carrots & Thyme Fruit Cup Milk

15 Meatball Soup Peas, Carrots, Celery, Corn and Onion in Entrée Fresh Garden Salad with Tomato wedges Fresh Fruit / Milk

16 Chicken Parmigiana over Wheat Noodles Fresh Roasted Zucchini Cook's Choice LS Soup Ambrosia Fruit Cup Milk

19 BBQ Chicken Drumsticks Whole Grain Noodles Bahamas Blend Vegetables Cook's Choice Salad Fruit Cup Milk

20 Roast Beef & Gravy Whole Grain Roll Steamed Broccoli Baked Potato Fresh Fruit Milk

21 Pork Chops & LS Gravy Whole Grain Bread Roasted Brussel Sprouts Mashed Potatoes Fresh Banana / Milk

22 Baked Salmon Fillet Tartar Sauce on the side Brown Steamed Rice Asparagus Fruit Cup Milk

23 Soft Beef Tacos Flour Tortilla Sour Cream / Salsa Refried Pinto Beans Shredded Lettuce Fresh Fruit / Milk

26 Spaghetti & Turkey Meatballs in Marinara Sauce / Garlic Bread Green Salad with Assorted Vegetables Fruit / Milk

27 Pork Chile Verde Brown Steamed Rice Whole Pinto Beans with Diced Cilantro and Onion Fresh Fruit Milk

28 Baked Chicken Whole Grain Roll Mashed Potato & Gravy Mix Blend Vegetables Fresh Fruit in Season Milk

29 Cheeseburger Whole Grain Bun Potato Fries Lettuce, Tomato, Onion LS Cook's Choice Soup Fresh Orange / Milk

30 Homemade Beef Stew Whole Grain in Roll Carrots, Peas, Celery, Red Potatoes & Onions in Stew / Spinach Salad w/ Cranberries/ Fruit / Milk

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