

**Tuesday**

**Wednesday**

**Thursday**

**Friday**




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



**MORGAN HILL SENIOR CAFÉ 2021**



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

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

**2** Meat Loaf  
Low Sodium Gravy  
Whole Grain Roll  
Rosemary Diced Carrots  
Medium Baked Potato  
Gelatin with 1/2 cup  
Mandarin Oranges / Milk


**3** Cheeseburger  
Whole Grain Bun  
Potato Chips  
Lettuce, Tomato, Onion  
LS Cook's Choice Soup  
Fresh Orange  
Milk

**6 Senior Center Closed**



**7** Baked Salmon Fillet  
Tartar Sauce on the side  
Steamed Brown Rice  
Roasted Asparagus  
Gelatin with Mandarin  
Oranges  
Milk

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

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

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

**13** Sautéed Shrimp Tacos  
Mango Salsa  
Corn Tortilla (2)  
Brown Rice with Diced Bell  
Peppers  
Cabbage Slaw with Carrots  
Banana / Milk

**14** Spaghetti with Meaty  
Marinara Sauce  
Whole Grain Pasta  
Italian Blend Vegetables  
Spring Salad w/ Mandarin  
Oranges & Feta Cheese  
Pineapple Chunks / Milk


**15** Pork Loin  
Low Sodium Gravy  
Whole Grain Bread  
Mixed Vegetables  
Baked Potato (1 Medium)  
Tropical Fruit  
Milk

**16** Baked Salmon  
Tartar Sauce on the side  
Whole Grain Pesto Pasta  
Carrots & Cauliflower  
Creamy Coleslaw  
Banana  
Milk

**17** Meat Lasagna  
Whole Grain Garlic Bread  
Italian Blend Vegetables  
Spring Mix Green Salad  
with Feta Cheese  
Orange  
Milk


**20** Baked Tilapia Fillet  
with Sautéed Onions &  
Green Peppers  
Tartar Sauce on the Side  
Wheat Pesto Pasta  
Cauliflower and Carrots  
Fresh Fruit / Milk


**21** Baked Chicken  
LS Gravy on the side  
Brown Rice  
Garlic Zucchini & Squash  
Cook's Choice LS Soup  
Tropical Fruit Cup  
Milk

**22** Roasted Turkey &  
LS Gravy on the side  
Whole Grain Roll  
Green Beans  
Sweet Potatoes  
Apple Pie  
Milk 

**23** Creamy Chipotle  
Chicken Pasta  
Whole Grain Pasta  
Broccoli and Carrots  
Spinach Salad with  
Tomatoes  
Fruit Cup / Milk

**24** Chile Relleno  
Spanish Rice   
Whole Pinto Bean  
Romaine Salad &  
Shredded Carrots  
Mandarin Oranges  
Milk

**27** Philly Cheesesteak  
Sandwich  
Whole Grain Bun  
Potato Wedges  
Coleslaw w/ Carrots  
Banana  
Milk 

**28** Homemade Chicken  
Enchiladas / Salsa  
Sour Cream / Corn Tortilla  
Whole Black Beans  
Shredded Lettuce  
Fresh Orange  
Milk 

**29** BBQ Chicken  
Drumsticks (2)  
Whole Grain roll  
Garlic Mashed Potatoes  
Steamed Broccoli  
Cantaloupe Chunks  
Milk

**30** Pork Chile Verde  
Brown Spanish Rice  
Diced Cilantro and Onion  
Refried Beans  
Green Salad  
Fresh Fruit  
Milk

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