



Tuesday
MORGAN HILL
SENIOR CAFÉ
August 2022

Wednesday

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

Thursday

Friday



Vegetarian Dish

High Sodium 

LS Low Sodium

1 Beef & Cheese Lasagna
 Whole Grain Bread
 Roasted Carrots 
 LS Hearty Vegetable
 Soup
 Fresh Fruit in Season
 Milk

2 Chicken Fajitas
 Sautéed Onions & Red,
 Green, Yellow Bell Peppers
 Whole Wheat Tortilla
 Sour Cream / Pinto Beans
 Spanish Rice / Gelatin with
 Mandarin Oranges / Milk

3 Roasted Turkey &
 LS Gravy on the side
 Cranberry Sauce
 Whole Grain Roll
 Green Beans
 Mashed Potatoes
 Orange / Milk

4 Fish Tacos (2)
 Tartar sauce on the Side
 Steamed Brown Rice
 Peas and Carrots
 Cabbage & Carrots Slaw
 Banana
 Milk

5 Roast Beef
 Low Sodium Gravy
 Whole Grain Bread
 Spinach & Sautéed Onion
 Baked Potato
 Tropical Fruit
 Milk

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

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

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

11 Salmon Fillet
 Tartar Sauce on the side
 Rice Pilaf
 Carrots & Cauliflower
 Sautéed Onions and Green
 Bell Peppers
 Fresh Fruit / Milk

12 Chile Relleno
 Steamed Brown Rice
 Pinto Beans 
 Romaine Salad &
 Shredded Carrots
 Mandarin Oranges
 Milk

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

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

17 Baked Tilapia
 Tartar Sauce on the Side
 Seasoned Brown Rice
 Roasted Carrots w/ Thyme
 Spinach Salad with Dried
 Cranberries
 Orange / Milk

18 Homemade Pork Chile
 Verde
 Spanish Brown Rice
 Pinto Beans
 Green Salad with Carrots
 Mandarin Oranges
 Milk

19 Chicken Breast in
 Marsala Creamy Sauce
 with Mushrooms
 Whole Grain Penne Pasta
 Peas and Carrots
 Fresh Fruit
 Milk

22 Salmon Fillet
 Sautéed Onions and Bell
 Peppers Tartar Sauce on
 the side / Rice Pilaf
 Garlic Spinach
 Pineapple Tidbits
 Milk

23 Pork Chops
 Low Sodium Gravy
 Whole Grain Bread
 Mix Vegetables
 Sweet Potatoes
 Gelatin & Mandarin Oranges
 Milk

24 Cheeseburger
 Whole Grain Bun
 Baked Tater Tots
 Lettuce, Tomato, Onion
 LS Cook's Choice Soup
 Fresh Orange
 Milk

25 Paprika Chicken
 LS Gravy on the side
 Whole Grain Dinner Roll
 Steamed Broccoli
 Mashed Potato
 Tropical Fruit Cup
 Milk



26 BBQ Pork Ribs
 Garlic Bread
 Potato Wedges
 Baked Beans
 Coleslaw
 Fruit 
 Milk

29 Chicken Pasta
 Primavera
 Whole Grain Pasta
 Asparagus, Peas,
 Broccoli, Tomatoes in Entrée
 Green Salad w Red Bell
 Peppers / Peach Cup / Milk

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

31 Baked BBQ Chicken
 Drumsticks
 Whole Grain Roll
 Mix Vegetables
 Garlic Mashed Potatoes
 Orange
 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"