








<p align="center">Monday</p> 	<p align="center">Tuesday MORGAN HILL SENIOR CAFÉ 2023</p>	<p align="center">Wednesday</p>	<p align="center">Thursday</p>	<p align="center">Friday Cinco de Mayo</p> 
<p>1 Homemade Chicken & Cheese Enchilada Corn Tortilla Refried Black Beans Tossed Salad with Broccoli Cantaloupe Cup / Milk</p>	<p>2 Battered Fish Tacos Corn Tortilla (2) Tartar Sauce Pico de Gallo Primavera White Rice Cabbage Slaw Fresh Fruit / Milk</p>	<p>3 Lemon Chicken Oregano Whole Grain Roll Mashed Potatoes & Gravy Roasted Zucchini LS Corn Chowder Soup Tropical Fruit Cup Milk</p>	<p>4 Spaghetti with Meat Sauce Whole Grain Pasta Broccoli & Carrots Green Salad with Kale & Tomato wedges Fresh Fruit / Milk</p>	<p>5 Carne Asada Tacos (2) Corn Tortilla / Spanish Rice Refried Beans Chips & Salsa Guacamole Shredded Lettuce Fruit / Milk</p>  
<p>8 Philly Cheese Steak Sandwich Whole Grain Bun Onion & Bell Peppers Potato Wedges Coleslaw with Carrots Banana / Milk</p>	<p>9 Cook's Choice Chicken LS Gravy on the side Steamed Brown Rice Steamed Green Beans Broccoli, Raisin Cranberry, Pineapple Salad Mandarin Oranges / Milk</p>	<p>10 Chile Verde Cook's Choice Rice Corn Tortilla (1) Refried Pinto Beans Romaine Salad with Shredded Carrots Fresh Orange / Milk</p>	<p>11 Tilapia Fish Fillet Tartar Sauce on the side Quinoa with Green Onions Roasted Carrots LS Tomato Soup Fresh Fruit Milk</p>	<p>12 Roast Beef with LS Gravy on the side Whole Grain Roll Steamed Spinach Baked Potato Tropical Fruit Cup Milk</p>
<p>15 Teriyaki Chicken Chow Mein Noodles Steamed Broccoli Green Salad with Cucumbers Fresh Fruit Milk</p> 	<p>16 BBQ Pork Ribs Whole Grain Bread Margarine Corn Kernels Homemade Potato Salad Melon Cup Milk</p>	<p>17 Cheeseburger Whole Grain Bun Baked Potato Fries Lettuce, Tomato, Onion LS Lentil Soup Orange Milk</p>	<p>18 Vegetarian Lasagna Whole Grain Roll Mix Vegetables Tossed Green Salad with Broccoli Fresh Fruit Milk</p> 	<p>19 Baked Salmon With Sautéed Onions and Bell Peppers / Tartar Sauce Herbed Brown Rice Garlic Spinach Gelatin with Mandarin Oranges / Milk</p>
<p>22 Turkey Meatball Soup Whole Grain Dinner Roll Carrot, Zucchini, Corn, Celery in Entrée Caesar Romaine Salad w/ Cherry Tomatoes Orange / Milk</p>	<p>23 Tomato Basil Salmon Tartar Sauce on the Side Brown Rice Roasted Brussel Sprouts Coleslaw with Carrots Mandarin Oranges Milk</p>	<p>24 Chicken Tostada Spanish Rice Whole Pinto Beans Sour Cream Shredded Lettuce and Diced Tomato Strawberries / Milk</p>	<p>25 Five Spice Beef Stir Fry Steamed Brown Rice Broccoli, Bell Pepper, and Green Onion in Entrée LS Clear Onion Soup with Mushrooms Watermelon / Milk</p>	<p>26 Pork Chops with LS Gravy on the side Whole Grain Roll Mixed Vegetables Fresh Sweet Potatoes Pineapple Tidbits Milk</p>
<p>29 SENIOR CENTER</p>  <p align="center">CLOSED</p>	<p>30 Parmesan Tilapia Tartar Sauce on the side Brown Rice Cauliflower and Carrots Green Salad with Green Peppers / Banana Milk</p>	<p>31 Roasted Turkey LS Gravy on the side Whole Grain Roll Cranberry Sauce Green Beans Mashed Potatoes Oranges / Milk</p>	<p align="center">Suggested Contribution rate per meal: \$3.00 (60 and over) A meal ticket: \$30 Required Guest Fee: \$8.00 (under 60)</p>	

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