



Tuesday
January

Wednesday

**MORGAN HILL
SENIOR CAFÉ
2022**

Thursday

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

Friday



3 Chicken Alfredo
Fettuccini
Whole Grain Pasta
Garden Blend Vegetables
LS Cream of Broccoli Soup
Banana / Milk

4 Roast Beef with LS
Gravy on the side
Whole Grain Roll
Mixed Vegetables
Baked Potato
Fresh Orange / Milk

5 Beef & Cheese Lasagna
Whole Grain Garlic Bread
Steamed Fresh Broccoli
Carrot Raisin Salad
Pineapple Chucks
Milk

6 Baked Turkey
LS Gravy / Cranberry Sauce
Whole Grain Roll
Mashed Potato / Green
Beans / Jell-O in
Mandarin Oranges/ Milk

7 Baked Tilapia
Tartar Sauce on the side
Steamed Brown Rice
Peas and Carrots
Apple Coleslaw
Tropical Fruit / Milk


10 Chicken Stir Fry
Brown Rice
Broccoli, Red Bell Pepper,
Sugar Snap Peas in Entrée
Coleslaw
Fresh Fruit in Season
Milk

11 Homemade Beef Stew
Whole Grain Roll
Diced Carrots, Peas, Red
Potatoes & Onions in Stew
Broccoli Raisin Salad
Fresh Fruit in Season
Milk

12 Baked Orange Chicken
Whole Grain Parsley Noodles
San Francisco Blend
Vegetables
LS Corn Chowder Soup
Tropical Fruit Cup
Milk

13 Baked Salmon
Tartar Sauce on the side
Quinoa
Cauliflower & Carrots
Sautéed Onions & Green
Peppers
Fresh Fruit / Milk

14 Chile Relleno
Brown Rice
Pinto Beans
Romaine Salad with
Shredded Carrots
Mandarin Oranges
Milk

17  **MARTIN LUTHER KING JR.**
1929 1968

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18 Homemade Chicken
Enchiladas / Salsa
Sour Cream / Corn Tortilla
Whole Black Beans
Tossed Salad with Broccoli
Apple
Milk

19 Parmesan Baked Tilapia
Tartar Sauce on the side
Seasoned Quinoa
Roasted Carrots w/ Thyme
Spinach Salad & Cranberries
Tropical Fruit Cup
Milk

20 Philly Cheesesteak
Whole Grain Bread
Sautéed Bell Peppers,
Onions & Mushrooms
Potatoes Wedges
LS Hearty Vegetable
Soup / Banana / Milk

21 Roasted Chicken
LS Chicken Gravy on the side
Whole Grain Dinner Roll
Mashed Potatoes
Peas and Carrots
Mandarin Oranges
Milk

24 Roast Pork with LS
Gravy on the side
Whole Grain Roll
Mixed Vegetables
Sweet Potatoes
Fresh Orange
Milk

25 Fish Tacos (2)
Tartar Sauce on the side
White Rice with Diced Red
Bell Peppers
Corn tortilla / Fresh Salsa
Cabbage Slaw
Pineapple Tidbits / Milk

26 Cheeseburger
Whole Wheat Hamburger
Bun / Baked Potatoes Fries
Lettuce/ Tomato/ Onion
LS Butternut Squash Soup
Gelatin with Mandarin
Oranges / Milk

27 Chicken Teriyaki
LS Teriyaki Sauce
Whole Wheat Chow Main
Noodles
Steamed Broccoli
Green Salad with Carrots
Fruit in Season / Milk

28 Meat Loaf
Low Sodium Gravy
Whole Grain Roll
Diced Green & Red Bell
Pepper, Celery & Onions in
Entrée / Baked Potatc
Banana / Milk

31 Baked Salmon Fillet
with Roasted Onion & Bell
Peppers / Tartar Sauce
Seasoned Quinoa
Roasted Asparagus
Fresh Orange
Milk

**"No eligible individual
shall be Denied
participation
because of failure or
Inability to contribute"**



Suggested Contribution
rate per meal: \$3.00 (60 and over)
A Meal Card \$30.00 (11 meals)
Guest Fee: \$8.00 (under 60)

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