



Tuesday
MORGAN HILL
SENIOR CAFÉ
2022

Wednesday

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

Thursday

Friday
Cinco de Mayo



2 Philly Cheese Steak Sandwich
 Whole Grain Bun
 Onion & Bell Peppers
 Potato Wedges
 LS Tomato Soup
 Banana / Milk

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

4 Tomato Basil Salmon
 Seasoned Quinoa
 Tartar Sauce on the side
 Carrots with Thyme
 Spinach Salad with Dried Cranberries
 Oranges / Milk

5 Grilled Steak Tacos (2)
 Corn Tortilla
 Pinto Beans
 Salsa
 Guacamole
 Cabbage Slaw
 Fruit / Milk



6 Roasted Chicken Drumsticks
 Steamed Brown Rice
 Peas and Carrots
 LS Hearty Vegetable Soup
 Fresh Fruit / Milk

9 Pork Loin With Mushroom Sauce
 Whole Grain Roll
 Asparagus
 Mashed Potatoes
 Pineapple
 Tidbits / Milk



10 Baked Paprika Chicken
 Whole Grain Noodles
 Steamed Fresh Broccoli
 Green Salad with Seasoned Vegetables
 Fresh Fruit
 Milk

11 Cheeseburger
 Whole Grain Bun
 Baked Potato Fries
 Lettuce, Tomato, Onion
 LS Cook's Choice Soup
 Oranges
 Milk

12 Mustard Tilapia Fillet
 Sauteed Onions and Bell Peppers / Tartar Sauce
 Herbed Brown Rice
 Garlic Spinach
 Gelatin with Mandarin
 Oranges / Milk

13 Meat Loaf
 LS Gravy on the side
 Whole Grain Bread
 Roasted Carrots
 Mashed Potatoes
 Melon Cup
 Milk

16 Herb Chicken
 LS Gravy on the side
 Brown Rice
 Roasted Cauliflower
 Green Salad with Red Bell Peppers
 Peaches / Milk

17 Meatball Soup
 Whole Grain Dinner Roll
 Carrot, Zucchini, Corn, Celery in Entrée
 Caesar Romaine Salad w/ Cherry Tomatoes
 Mandarin Oranges / Milk

18 BBQ Pork Pulled Sandwich
 Whole Grain Bun
 Corn on the Cob
 Potato Salad
 Fresh Fruit
 Orange / Milk

19 Chicken Breast in Alfredo Sauce
 Whole Grain Noodles
 Steamed Carrots
 Broccoli, Raisin, Cranberry Salad
 Fresh Fruit / Milk

20 Baked Salmon
 Tartar Sauce on the Side
 Herbed Brown Rice
 Roasted Brussel Sprouts
 LS Butternut Squash Soup
 Fresh Fruit in Season
 Milk

23 Chicken Fajitas
 Whole Wheat Flour Tortilla
 Sour Cream
 Spanish Rice
 Pinto Beans
 Gelatin with Mandarin
 Oranges / Milk

24 Beef Lasagna
 Whole Grain Roll
 Roasted Carrots
 LS Hearty Vegetable Soup
 Fresh Fruit in Season
 Milk

25 Roasted Turkey
 LS Gravy on the side
 Whole Grain Roll
 Cranberry Sauce
 Green Beans
 Mashed Potatoes
 Oranges / Milk

26 Parmesan Baked Tilapia
 Tartar Sauce on the side
 Steamed Brown Rice
 Peas and Carrots
 Pineapple Coleslaw
 Banana
 Milk

27 Roasted Beef
 LS Gravy on the side
 Whole Grain Roll
 Steamed Spinach
 Baked Potato & Sour Cream
 Tropical Fruit
 Milk

30 **CLOSED**



31 Chile Relleno with Brown Rice
 Refried Pinto Beans
 Green Salad With Carrots
 Mandarin Oranges
 Milk



LS Low Sodium
 Vegetarian Dish
 High Sodium Dish

Suggested Contribution rate per meal:
\$3.00
(60 and over)
A meal ticket: \$30
Required Guest Fee: \$8.00 (under 60)