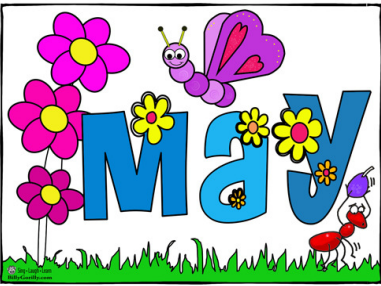







MORGAN HILL SENIOR CENTER 2018



Tuesday	Cinco de Mayo		Wednesday	Thursday	Friday
			<p style="border: 1px dashed black; padding: 5px; text-align: center;">"No eligible individual shall be denied participation because of failure or inability to contribute"</p>	<p>LS Low Sodium Vegetarian Dish High Sodium Dish</p>	
<p>1 Beef Stew Whole Grain Roll Carrots, Peas, Red Potatoes and Onions in Stew Broccoli Raisin Salad Fresh Fruit / Milk</p>	<p>2 Baked Lemon Chicken with Oregano Parsley Penne Pasta Roasted Garlic Zucchini and Yellow Squash Tropical Fruit / Milk</p>	<p>3 Mustard Tilapia Fillet Brown Rice Pilaf Steamed Cauliflower & Carrots/ Sautéed Onions and Green Peppers Strawberries / Milk</p>	<p>4 Steak Tacos Carne Asada / Corn Tortilla Whole Pinto Beans Salsa / Guacamole Cabbage Slaw Fruit / Milk</p> 		
<p>7 Philly Beef Steak Sandwich / Roasted Onion & Bell Peppers Potato Wedges / Coleslaw Fresh Banana Milk</p>	<p>8 Homemade Chicken & Cheese Enchiladas Corn Tortilla Cooked Black Beans Shredded Lettuce Tropical Fruit / Milk</p>	<p>9 Tomato Basil Salmon Seasoned Quinoa Carrots with Thyme Spinach Salad with Dried Cranberries Mandarin Oranges / Milk</p>	<p>10 Roasted Chicken Drumsticks Whole Grain Bread Baked Sweet Potatoes Garden Blend Vegetables Fresh Apple / Milk</p>	<p>11 BBQ Pork Ribs Whole Grain Bread Corn on the Cob Potato Salad Fresh Fruit Ice Cream / Milk</p> 	
<p>14 Chicken Teriyaki Chow Mein Noodles Asian Bell Pepper Medley Green Salad with Seasonal Vegetables Fresh Fruit / Milk</p>	<p>15 Baked Pesto Tilapia Tatar Sauce on the Side Herbed Brown Rice Garlic Spinach / Sautéed Peppers & Onions / Jell-O in Mandarin Oranges/ Milk</p>	<p>16 Pork Roast & Gravy Whole Grain Bread Mix Vegetables Fresh Sweet Potatoes Pineapple Tidbits Milk</p>	<p>17 Meat Loaf & Gravy Whole Grain Bread Mashed Potatoes Sautéed Cabbage with Carrots Melon Cup / Milk</p>	<p>18 Cheeseburger Whole Grain Bun Baked Potato Fries Lettuce / Tomato/ Onion Cook's Choice Fresh Fruit Milk</p> 	
<p>21 Chicken Tostada Bowl Spanish Rice Pinto Beans Shredded Lettuce Sour Cream / Salsa Ice Cream / Milk</p>	<p>22 Meatball Soup Whole Grain Dinner Roll Carrot, Corn, Celery Vegetables in Entrée Green Salad with Carrots Fresh Orange / Milk</p>	<p>23 Baked Salmon Fillet Herb Brown Rice Roasted Brussel Sprouts LS Butternut Squash Soup Fresh Fruit Milk</p>	<p>24 Chicken Alfredo Fettucine Noodles Steamed Carrots Broccoli , Raisin, Cranberry Salad Fresh Fruit / Milk</p>	<p>25 Stuffed Bell Peppers Whole Grain Roll Country Blend Vegetables Coleslaw Fresh Orange Milk</p>	
<p>28 CLOSED</p> 	<p>29 Vegetable Lasagna Garlic Green Beans Tosses Green Salad with Tomatoes & Chickpeas Gelatin & Mandarin Oranges / Milk</p> 	<p>30 Chicken Quesadilla Flour Tortilla Whole Pinto Beans Shredded Lettuce Salsa & Sour Cream Strawberries / Milk</p>	<p>31 Roasted Beef & Gravy Whole Grain Roll Steamed Spinach Mashed Potatoes Tropical Fruit Milk</p>	<p>Suggested Contribution rate per meal: \$3.00 (60 and over) A meal ticket: \$30 Required Guest Fee: \$8.00 (under 60)</p>	