

Monday

Tuesday

Wednesday

Thursday

Friday

**MORGAN HILL
SENIOR CAFFE
SEPTEMBER
2018**



"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)
* Required Guest Fee: \$8.00 (under 60)



Vegetarian Dish



High Sodium Dish

LS

Low Sodium

3 CLOSED





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

5 BBQ Pork Ribs
Whole Grain Dinner Roll
Corn on the Cob
Fresh Potato Salad
Fresh Orange
Milk

6 Chicken Alfredo Fettuccine
Steamed Diced Carrots
Broccoli, Raisin,
Cranberry salad
Fresh Fruit in Season
Milk

7 Lemon Pepper Salmon
Tartar Sauce on the side
Brown Rice
Roasted Brussels Sprouts
LS Butternut Squash Soup
Fresh Fruit / Milk

10 Beef Soft Taco
Flour Tortilla / Pinto Beans
Shredded Lettuce with
Diced Tomato
Gelatin in Mandarin
Oranges / Milk

11 Vegetarian Lasagna 
Garlic French Bread
Roasted Sweet Potatoes
LS Cream of Broccoli Soup
Fresh Fruit
Milk 

12 Baked Herb Chicken
Whole Grain Roll
Green Beans
Red Roasted Potatoes
Fresh Orange
Milk

13 Roast Beef & LS
Gravy on the side
Whole Grain Roll
Steamed Spinach
Mashed Potatoes
Tropical Fruit / Milk

14 Mustard Tilapia Fillet
Tartar Sauce on the side
Brown Rice
Peas and Carrots
Coleslaw
Fresh Banana / Milk

17 Pork Stir Fry
Steamed Brown Rice
Broccoli, Red Bell Pepper,
Sugar Snap Peas in Entrée
Kale Salad with Tomatoes
Asian Dressing / Fruit / Milk

18 Beef Stew
Whole Grain Roll
Carrots, Peas ,Red
Potatoes & Onions in Stew
Broccoli Raisin Salad
Fresh Fruit / Milk

19 Lemon Chicken with
Oregano
Parsley Noodles
Roasted Garlic Squash
LS Corn Chowder Soup
Tropical Fruit / Milk

20 Tomato Basil Salmon
Tartar Sauce on the Side
Brown Rice
Steamed Cauliflower & Carrots
Sautéed Onions & Green
Peppers / Fresh Fruit / Milk

21 Baked Turkey & Gravy
Cranberry Sauce on the
Side / Whole Grain Roll
Roasted Green Beans
Mashed Potatoes
Apple Pie / Milk

24 Philly Cheese Steak
Sandwich /Sautéed
Onions & Bell Peppers
Potato Wedges
Coleslaw with Carrots
Fresh Banana / Milk

25 Homemade Chicken
Enchiladas
Corn Tortilla
Black Beans
Tossed Salad with Broccoli
Tropical Fruit / Milk

26 Pork Chile Verde
Spanish Rice
Whole Pinto Beans
Sheered Lettuce
Diced Onion with Cilantro
Fresh Orange/ Milk

27 Chicken Drumsticks
Steamed Brown Rice
Roasted Sweet Potatoes
LS Hearty Vegetable Soup
Fresh Fruit
Milk

28 Parmesan Tilapia
Tartar Sauce on the Side
Seasoned Quinoa
Carrots w/Thyme
Spinach Salad w/ Cranberries
Mandarin Oranges /Milk