

MORGAN HILL



**SENIOR CAFÉ
JULY 2022**

Tuesday

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



Wednesday

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

Thursday



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




Friday

1 Fish Tacos (2)
Tartar sauce on the Side
Steamed Brown Rice
Peas and Carrots
Cabbage & Carrots Slaw
Banana Milk

4

SENIOR CENTER CLOSED

5 BBQ Pulled Pork Sandwich
Whole Grain Bun
French Fries
Creamy Coleslaw
Watermelon 
Milk

6 Orange Chicken
Whole Grain Noodles
Garlic Roasted Yellow Squash & Zucchini
LS Cook's Choice Soup
Tropical Fruit
Milk

7 Tilapia Fillet
Sauteed Onions and Green Bell Peppers
Tartar Sauce on the side
Whole Grain Pesto Pasta
Carrots & Cauliflower
Fresh Fruit / Milk

8  Chile Relleno
Brown Rice
Pinto Beans
Romaine Salad & Shredded Carrots
Mandarin Oranges
Milk

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

12 Philly Cheese Steak Sandwich
Whole Grain Bun
Potato Salad
Coleslaw with Carrots
Banana
Milk

13 Baked Salmon
Tartar Sauce on the Side
Seasoned Quinoa
Roasted Carrots w/ Thyme
Spinach Salad with Dried Cranberries
Orange / Milk

14 Chicken Stir Fry
Seasoned Brown Rice
Broccoli, Red Bell Peppers, Carrots, Onion
LS Hearty Vegetable Soup
Fresh Fruit
Milk

15 Homemade Pork Chile Verde
Steamed Brown Rice
Pinto Beans
Green Salad with Carrots
Mandarin Oranges
Milk

18 Chicken Breast in Marsala Creamy Sauce with Mushrooms
Whole Grain Penne Pasta
Steamed Broccoli
Fresh Fruit
Milk

19 Pork Roast
Low Sodium Gravy
Whole Grain Bread
Mix Vegetables
Sweet Potatoes
Pineapple Tidbits
Milk

20 Cheeseburger
Whole Grain Bun
Baked Tater Tots
Lettuce, Tomato, Onion
LS Cook's Choice Soup
Fresh Orange
Milk

21 Mustard Tilapia Fillet
Sauteed Onions and Bell Peppers
Tartar Sauce on the side / Rice Pilaf
Garlic Spinach
Gelatin & Mandarin Oranges
Milk

22 Meatloaf
LS Gravy on the side
Whole Grain Bread
Steamed Carrots
Mashed Potatoes
Melon Cup
Milk

25 Herb Chicken
LS Gravy on the side
Seasoned Brown Rice
Cauliflower
Green Salad w Red Bell Peppers
Peach Cup / Milk

26 Spaghetti and Meat Sauce
Whole Grain Pasta
San Francisco Vegetable
Caesar Romaine Salad w/ Cherry Tomatoes
Mandarin Oranges / Milk

27 BBQ Pulled Pork Sandwich
Whole Grain Bun
Corn Kernels
Homemade Potato Salad
Orange
Milk

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

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