








<p>Monday</p>  <p>FEBRUARY</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p> 
<p>MORGAN HILL SENIOR CAFÉ 2023</p>	<p>"No eligible individual shall be denied participation because of failure or inability to contribute"</p>	<p><i>"This menu is subject to change at the discretion of Senior Nutrition"</i></p>		
<p>6 Creamy Chicken Alfredo Whole Grain Pasta Garden Blend Vegetables LS Cream of Broccoli Soup Pineapple Chunks Milk</p>	<p>7 Roast Beef LS Gravy on the side Whole Grain Roll Mixed Vegetables Baked Potato Fresh Orange Milk</p>	<p>1 Beef Stroganoff Whole Grain Pasta Sautéed Mushrooms Garlic Brussels Sprouts LS Vegetable Soup Fruit Cup Milk</p>	<p>2 BBQ Pulled Pork Sandwich Whole Grain Bread Baked Beans Potato Salad Fresh Fruit Milk</p>	<p>3 Spaghetti with Meat Sauce / Whole Grain Pasta Garlic Bread Italian Blend Vegetables Caesar Romaine Salad with Cherry Tomatoes Milk / Fresh Fruit</p>
<p>13 Honey Garlic Chicken Stir Fry Steamed Brown Rice Broccoli, Carrots in Entrée Green Salad with Red Bell Pepper Fresh Fruit / Milk</p>	<p>14 BBQ Pork Ribs Whole Grain Bread Corn Kernels Homemade Potato Salad Fresh Fruit Milk</p> 	<p>8 Beef & Cheese Lasagna Whole Grain Bread Steamed Fresh Broccoli Romaine Salad with Seasoned Vegetables Banana / Milk</p>	<p>9 Baked Turkey LS Gravy / Cranberry Sauce Whole Grain Roll Mashed Potato Green Beans Jell-O in Peaches Milk</p>	<p>10 Baked Tilapia Tartar Sauce on the side Steamed Brown Rice Peas and Carrots Pineapple Coleslaw Fresh Fruit Milk</p>
<p>20</p>  <p>C L O S E D</p>	<p>15 Italian Herb Chicken Whole Grain Parsley Noodles San Francisco Blend Vegetables LS Corn Chowder Soup Tropical Fruit Cup Milk</p> 	<p>16 Baked Salmon Tartar Sauce on the side Seasoned Quinoa Steamed Cauliflower & Carrots / Sautéed Onions & Green Peppers Fresh Fruit / Milk</p>	<p>17 Chile Relleno Brown Rice Pinto Beans Romaine Salad Shredded Carrots Mandarin Oranges Milk</p> 	<p>21 Jambalaya Shrimp and Sausage / Brown Rice Bell Peppers in Entrée Corn Bread Muffin Mardi Gras Slaw Fresh Fruit Milk</p>
<p>27 Fish Tacos (2) Tartar Sauce on the side White Rice with Diced Red Bell Peppers Corn tortilla / Fresh Salsa Cabbage Slaw Pineapple Tidbits / Milk</p>	<p>22 Parmesan Baked Tilapia Tartar Sauce Seasoned Quinoa Carrots with Thyme Spinach Salad with Fresh Orange Milk</p>			<p>Suggested Contribution rate per meal: \$3.00 (60 and over) A Meal Card \$30.00 (11 meals) Guest Fee: \$8.00</p>