





**MORGAN HILL
SENIOR CAFÉ
MAY 2020**

Tuesday

Wednesday
 Vegetarian Dish
 High Sodium Dish
LS Low Sodium

Thursday

Friday

“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)**

1 Chile Relleno 
 Corn Tortilla (1)
 Pinto Beans
 Romaine Salad &
 Shredded Carrots
 Fresh Fruit / Milk

4 Parmesan Tilapia
 Tartar Sauce on the Side
 Seasoned Quinoa
 Roasted Carrots with
 Thyme

5 Pork Chile Verde
 Seasoned Brown Rice
 Green Salad & Red Bell
 Peppers and Tomatoes
 Fresh Fruit


6 Roasted Chicken
 Seasoned Brown Rice
 Steamed Spinach
 Fresh Fruit
 Milk

7 Philly Cheese Steak
 Sandwich
 Whole Grain Bread
 Sautéed Onion & Bell Peppers
 Potatoes Wedges
 Fresh Fruit / Milk

8 Homemade Chicken
 Enchilada (1)
 Sour Cream / Salsa
 Refried Pinto Beans
 Shredded Lettuce

11 Roast Pork & LS Gravy
 Whole Grain Bread
 Brussel Sprouts
 Mashed Potatoes
 Fresh Fruit
 Milk


12 Fish Tacos
 Corn Tortilla (1)
 Fresh Tomato Salsa
 Steamed Brown Rice
 Cabbage Slaw w/ Carrots
 Fresh Fruit / Milk

13 Cheeseburger's
 Whole Grain Bun
 Baked Potato Fries
 Lettuce, Tomato, Onion
 Fresh Fruit
 Milk

14 Baked Chicken
 LS Gravy in the side
 Whole Grain Rice Pilaf
 Steamed Fresh Broccoli
 Fresh Fruit
 Milk

15 Meat Loaf &
 Low Sodium Gravy
 Whole Grain Bread
 Baked Potato
 Fresh Fruit
 Milk

18 Stuffed Bell Peppers
 in Tomato Sauce
 Whole Grain Bread
 Mix Vegetables
 Fresh Fruit
 Milk

19 Chicken Fajitas
 Spanish Rice
 Whole Grain Flour Tortilla
 Sautéed Onions &
 Bell Peppers
 Fresh Fruit / Milk

20 Baked Salmon Fillet
 Tartar Sauce on the side
 Brown Steamed Rice
 Asparagus
 Fresh Orange
 Milk

21 Spaghetti with
 Meatballs in Marinara
 Sauce
 Whole Grain Bread
 Italian Blend Vegetables
 Fresh Fruit / Milk

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

25 
MEMORIAL DAY
SENIOR CENTER CLOSED

26 Baked Salmon
 Tartar Sauce on the side
 Quinoa
 Peas and Carrots
 Fresh Fruit
 Milk

27 Roasted Turkey Breast
 Whole Grain Dinner Roll
 Cranberry Sauce
 Green Beans
 Mashed Potatoes
 Fresh Fruit / Milk

28 Chicken Tostada
 Salad
 Spanish Rice
 Whole Black Beans
 Shredded Lettuce & Tomato
 Fresh Fruit / Milk

29 Vegetarian Lasagna
 Whole Grain Bread
 Broccoli and Cauliflower
 Fresh Fruit
 Milk 

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