

	<p align="center"><u>Tuesday</u></p> 	<p align="center"><u>Wednesday</u></p>	<p align="center"><u>Thursday</u></p>	<p align="center"><u>Friday</u></p>
<p align="center">MORGAN HILL SENIOR CAFÉ JUNE 2022</p>	<p align="center">"No eligible individual shall be denied participation because of failure or inability to contribute"</p>	<p align="center">Suggested Contribution rate per meal: \$3.00 (60 and over) A meal ticket: \$30 Required Guest Fee: \$8.00 (under 60)</p>	<p align="center">High Sodium Dish LS Low Sodium  Vegetarian Dish</p>	
<p>6 Philly Cheese Steak Sandwich Whole Grain Bun Onion & Bell Peppers Potato Wedges LS Vegetable Soup Banana / Milk</p>	<p>7 Homemade Chicken & Cheese Enchiladas Corn Tortilla Refried Black Beans Tossed Salad with Broccoli Tropical Fruit Cup Milk</p>	<p>1 Baked Salmon Roasted Onions , Red , Green Bell Peppers Tartar Sauce on the Side Brown Rice Cauliflower & Carrots Fresh Fruit / Milk</p> <p>8 Mustard Tilapia Fillet Tartar Sauce Seasoned Quinoa Roasted Carrots Oranges Milk</p>	<p>2 Beef Stew Whole Grain Bread Carrots, Peas, Onions, Celery, Potatoes in Stew Broccoli Raisin Salad Fresh Fruit Milk</p> <p>9 Roasted Chicken Drumsticks LS Gravy On the side Steamed Brown Rice Peas and Carrots Fresh Fruit Milk</p>	<p>3 Orange Chicken Whole Grain Noodles Garlic Roasted Yellow Squash & Zucchini LS Cook's Choice Soup Tropical Fruit Milk</p> <p>10 Chile Verde Spanish Rice Refried Beans Romaine Salad with Shredded Carrots Mandarin Oranges Milk</p>
<p>13 Paprika Chicken LS Gravy on the side Whole Grain Noodles Steamed Fresh Broccoli Green Salad Fresh Fruit in Season Milk</p>	<p>14 Pork Loin With Mushroom Sauce Whole Grain Roll Mix Vegetables Sweet Potatoes Pineapple Tidbits Milk</p>	<p>15 Cheeseburger Whole Grain Bun Baked Potato Fries Lettuce, Tomato, Onion LS Cook's Choice Soup Oranges Milk</p>	<p>16 Tomato Basil Salmon Tartar Sauce on the side Seasoned Quinoa Garlic Spinach Gelatin with Mandarin Oranges Milk</p>	<p>17 Meat Loaf LS Gravy on the side Whole Grain Bread Steamed Carrots Mashed Potatoes Melon Cup Milk</p>
<p>20 BBQ Pork Pulled Sandwich Whole Grain Bun Corn on the Cob Potato Salad Orange Milk</p>	<p>21 Baked Salmon Tartar Sauce on the Side Herbed Brown Rice Roasted Brussel Sprouts LS Butternut Squash Soup Fresh Fruit in Season Milk</p>	<p>22 Chicken Breast in Alfredo Sauce Whole Grain Noodles Steamed Carrots Broccoli , Raisin, Cranberry Salad Fresh Fruit / Milk</p>	<p>23 Meatball Soup Whole Grain Dinner Roll Carrot, Zucchini , Corn, Celery in Entrée Caesar Romaine Salad w/ Cherry Tomatoes Mandarin Oranges / Milk</p>	<p>24 Herb Chicken LS Gravy on the side Seasoned Brown Rice Cauliflower Green Salad w Red Bell Peppers Peach Cup / Milk</p>
<p>27 Vegetable Lasagna Whole Grain Roll Roasted Carrots LS Vegetable Soup Fresh Fruit in Season Milk</p>  	<p>28 Chicken Fajitas Whole Wheat Flour Tortilla Sour Cream Spanish Rice Pinto Beans Gelatin with Mandarin Oranges / Milk</p>	<p>29 Roast Beef LS Gravy on the side Whole Grain Bread Steamed Garlic Spinach Small Baked Potato Tropical Fruit Cup Milk</p>	<p>30 Baked Turkey LS Gravy on the side Whole Grain Roll Cranberry Sauce Green Beans Mashed Potatoes Oranges / Milk</p>	<p align="center"><i>"This menu is subject to change at the discretion of Senior Nutrition Program".</i></p>