



**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**MORGAN HILL  
SENIOR CAFÉ 2023**

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

**2**   
**SENIOR CENTER CLOSED**

**3** Beef & Cheese Lasagna  
Whole Grain Bread  
Steamed Fresh Broccoli  
Romaine Salad with Seasoned Vegetables  
Banana / Milk

**4** Roast Beef with LS Gravy on the side  
Whole Grain Roll  
Mixed Vegetables  
Baked Potato  
Fresh Orange  
Milk

**5** Baked Tilapia  
Tartar Sauce on the side  
Steamed Brown Rice  
Peas and Carrots  
Apple Coleslaw  
Fresh Fruit  
Milk

**6** Baked Turkey  
LS Gravy / Cranberry Sauce  
Whole Grain Roll  
Mashed Potato  
Green Beans  
Jell-O in Peaches  
Milk

**9** Chicken Stir Fry  
Brown Rice  
Broccoli, Red Bell Pepper, Sugar Snap Peas in Entrée  
LS Cook's Choice Soup  
Fresh Fruit  
Milk

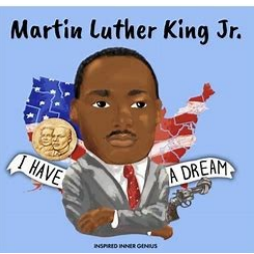
**10** Homemade Beef Stew  
Whole Grain Roll  
Diced Carrots, Peas, Red Potatoes & Onions in Stew  
Broccoli Raisin Salad  
Fresh Fruit in Season  
Milk

**11** Baked Orange Chicken  
Whole Grain Parsley Noodles  
San Francisco Blend Vegetables  
LS Corn Chowder Soup  
Tropical Fruit Cup  
Milk

**12** Baked Salmon  
Tartar Sauce on the side  
Quinoa  
Cauliflower & Carrots  
Sautéed Onions & Green Peppers  
Fresh Fruit / Milk

**13** Chile Relleno  
Brown Rice  
Pinto Beans  
Romaine Salad with Shredded Carrots  
Mandarin Oranges  
Milk



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**17** Homemade Chicken Enchiladas  
Corn Tortilla  
Salsa / Sour Cream  
Whole Black Beans  
Shredded Lettuce  
Apple / Milk

**18** Parmesan Baked Tilapia  
Tartar Sauce on the side  
Seasoned Quinoa  
Roasted Carrots w/ Thyme  
Spinach Salad & Cranberries  
Tropical Fruit Cup  
Milk


**19** Homemade Pork  
Chile Verde  
Brown Rice  
Pinto Beans  
Romaine Salad with Carrots  
Orange / Milk

**20** BBQ Chicken  
LS Chicken Gravy on the side  
Whole Grain Dinner Roll  
Baked Potato  
Cauliflower & Carrots with Thyme  
Mandarin Oranges / Milk

**23** Roast Pork with LS Gravy on the side  
Whole Grain Roll  
Mixed Vegetables  
Sweet Potatoes  
Fresh Orange  
Milk

**24** Fish Tacos (2)  
Tartar Sauce on the side  
White Rice with Diced Red Bell Peppers  
Corn tortilla / Fresh Salsa  
Cabbage Slaw  
Pineapple Tidbits / Milk

**25** Cheeseburger  
Whole Wheat Hamburger Bun  
Baked Potatoes Fries  
Lettuce/ Tomato/ Onion  
LS Cook's Choice Soup  
Fruit in Season  
Milk

**26** Chicken Teriyaki   
LS Teriyaki Sauce  
Chow Mein Noodles  
Steamed Broccoli  
Green Salad with Carrots  
Gelatin with Mandarin Oranges / Milk

**27** Meat Loaf & LS Gravy  
Whole Grain Roll  
Diced Bell Peppers, Celery & Onions in Entrée  
Baked Potato  
Banana  
Milk

**30** Baked Salmon Fillet  
Tartar Sauce  
Seasoned Quinoa  
Roasted Asparagus  
LS Lentil Soup  
Fresh Orange  
Milk

**31** Italian Herbed Chicken  
LS Gravy on the side  
Brown Rice Pilaf  
Steamed Carrots  
Broccoli, Raisin Salad  
Mandarin Oranges  
Milk

“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)  
Guest Fee: \$8.00