







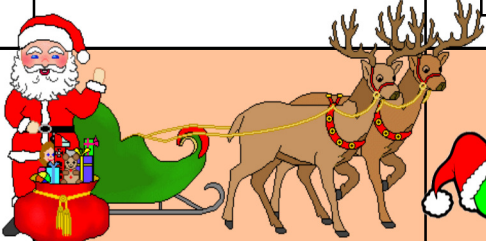





Monday 	Tuesday MORGAN HILL SENIOR CAFE 2019 	Wednesday  Vegetarian Dish  High Sodium Dish LS Low Sodium	Thursday  <div data-bbox="1339 126 1801 305" style="border: 1px dashed black; padding: 5px;"> "No eligible individual shall be denied participation because of failure or inability to contribute" </div>	Friday 
2 Vegetarian Pizza Whole Grain Flat Bread Spinach, Cherry Tomatoes and Red Onions in Entrée LS Butternut Squash Soup Pineapple Chunks / Milk 	3 Herbed Baked Chicken Whole Grain Bread Green Beans Mashed Potatoes Fresh Orange Milk	4 Meat Lasagna Whole Grain Garlic Bread Broccoli and Cauliflower Tossed Salad with Shredded Carrots Fresh Fruit / Milk	5 Chicken Tostada Bowl Spanish Rice Whole Black Beans Shredded Lettuce & Tomato Gelatin with 1/2 cup Mandarin Oranges / Milk	6 Seasoned Pollock Fillet Tartar Sauce on the Side Quinoa with Mushrooms Peas and Carrots Apple Coleslaw Fresh Banana / Milk
9 Chicken Stir Fry Whole Grain Chow Mein Noodles / Broccoli, Red Bell Pepper, Sugar Snap Peas in Entrée / LS Cook's Choice Soup / Tropical Fruit / Milk	10 Homemade Beef Stew Whole Grain Roll Carrots, Peas, Celery, Red Potatoes & Onions in Stew Broccoli Raisin Salad Fresh Fruit / Milk	11 Paprika Baked Chicken Whole Grain Parsley Noodles Bahamas Blend Vegetables LS Corn Chowder Soup Fresh Fruit Milk	12 Lemon Pepper Salmon Tartar Sauce on the side Brown Rice / Steamed Cauliflower & Carrots Sautéed Onions & Green Peppers / Apple Sauce / Milk	13 Chile Relleno Brown Spanish Rice Pinto Beans Romaine Salad & Carrots Mandarin Oranges Milk 
16 Tilapia Fish Fillet Tartar Sauce on the Side Seasoned Quinoa Roasted Carrots w/ Thyme Pineapple Coleslaw Fresh Banana / Milk	17 Roasted Chicken Steamed Brown Rice Spinach with Garlic LS Lentil Soup Fresh Orange / Milk	18 Pork Chile Verde Corn Tortilla (1) Brown Spanish Rice Green Salad with Red Bell Peppers & Tomato Wedges Diced Pears Cup / Milk	19 Philly Cheese Steak Sandwich Whole Grain Bread Sautéed Onion & Bell Peppers Potatoes Wedges Mandarin Oranges / Milk	20 Roasted Turkey & Gravy Dinner Roll / Cranberry Sauce Creamy / Mashed Potatoes / Bacon Roasted Brussels Sprouts Apple Pecan Green Salad Cheese Cake / Milk
23 Pork Roast & LS Gravy Whole Grain Bread Roasted Brussel Sprouts Roasted Red Potatoes Fresh Banana Milk	<div data-bbox="422 1024 905 1263">  </div> <div data-bbox="842 1117 1220 1263">  </div> <div data-bbox="474 1263 814 1295" style="text-align: center;"> SENIOR CENTER CLOSED </div> <div data-bbox="873 1263 1213 1295" style="text-align: center;"> SENIOR CENTER CLOSED </div>		26 Paprika Roasted Chicken Whole Grain Rice Pilaf Steamed Fresh Broccoli Spinach Salad with Cranberries & Almonds Fresh Fruit Milk	27 Meat Loaf & LS Gravy Whole Grain Bread Herb Steamed Carrots Baked Potato Gelatin in Mandarin Oranges / Milk
30 Beef Stroganoff Whole Grain Noodle Mushrooms, Onions in Entrée Fresh Roasted Broccoli Carrot Raisin Salad Apricot Cup / Milk	31 NEW YEAR'S BRUNCH SERVED @ 10:30 am. Whole Grain Waffle(2) Veggie Omelet Turkey Sausage(2) Banana Orange Juice / Milk	1/1/2020  <div data-bbox="873 1528 1213 1560" style="text-align: center;"> SENIOR CENTER CLOSED </div>		Suggested Contribution rate per meal: \$3.00 (60 and over) * A Meal Card : \$30.00 (11 meals) * Required Guest Fee: \$8.00 