










# City of San Jose Senior Nutrition Program | October 2024

Alviso Community Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
	 <b>Fish w/ Pesto Sauce</b> <b>1</b> Whole Grain Pasta Brussels Sprouts Garden Salad w/ Carrots Fresh Seasonal Fruit Low Fat Milk Salad Dressing			<b>Pork Carnitas</b> <b>4</b> Corn Tortilla Pinto Beans Parslied Carrots Tropical Fruit Low Fat Milk	<b>Chicken Caesar Salad</b> OR  <b>Pear &amp; Cheese Salad</b> OR  <b>Tky-Ham &amp; Cheese Sdw</b> OR  <b>Hummus Wrap</b>
	 <b>Vegetarian Kofta Curry Meatballs</b> <b>8</b> Brown Rice Spinach Salad Cauliflower Fresh Banana Low Fat Milk			<b>Chicken w/ General Tso Sauce</b> <b>11</b> Whole Grain Garlic Noodles Cabbage Fresh Tossed Salad Tropical Fruit Low Fat Milk	<b>WEEKLY ALTERNATES</b>  <b>BBQ Chicken Salad</b> OR  <b>Spinach/Cranberry/Egg Salad</b> OR  <b>Turkey &amp; Cranberry Sdw</b> OR  <b>Black Bean Burger</b>
	<b>Sweet &amp; Sour Pork</b> <b>15</b> Whole Grain Garlic Noodles Cabbage w/ Carrots Cauliflower Fresh Banana Low Fat Milk			 <b>Beef &amp; Turkey Enchilada</b> <b>18</b> (Corn Tortilla in entrée) Pinto Beans California Mix Salad Fresh Orange Low Fat Milk	<b>WEEKLY ALTERNATES</b>  <b>Southwest Sld w/ Tky-Ham</b> OR  <b>Cottage Cheese Fruit Sld</b> OR <b>Tuna Salad Sandwich</b> OR  <b>Vegetarian Wrap</b>
	<b>Minestrone Soup</b> <b>22</b> <b>Chicken w/ Creamy Tuscan Sauce</b> Whole Wheat Roll Brussels Sprouts 5-Way Vegetable Blend Applesauce Low Fat Milk Margarine			<b>Creole Fish</b> <b>25</b> Brown Rice Red Beans Peas & Carrots Fresh Orange Low Fat Milk	<b>WEEKLY ALTERNATES</b> <b>Chef Salad</b> OR  <b>Mediterranean Salad</b> OR  <b>Curry Apple Chicken Wrap</b> OR  <b>Boca Burger</b>
	<b>Tomato Basil Soup</b> <b>29</b> <b>Shepherd's Pie</b> Whole Wheat Bread (Mixed Vegetables in entrée) Spinach Mandarin Oranges Low Fat Milk Margarine				<b>WEEKLY ALTERNATES</b> <b>Chinese Chicken Salad</b> OR  <b>Three Bean Barley Salad</b> OR  <b>Turkey &amp; Cheese Sdw</b> OR  <b>Egg Salad Sandwich</b>

Menu subject to change based on availability. If an alternate entree is desired, please order in advance.

Suggested meal contributions for participants age 60+ is \$3 per meal.

All guests under 60 will be charged \$9 per meal. Green leafy vegetables, berries, beans, whole grains, fish, lean poultry and nuts promote brain health.

Each meal has ~750 to 900 mg sodium.  indicates meal contains more than 1000 mg sodium.



SAN JOSE  
**PARKS, RECREATION & NEIGHBORHOOD SERVICES**



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