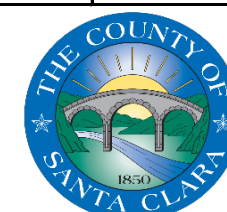


City of San Jose Senior Nutrition Program | November 2024

Alviso Community Center | 5040 N. First Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				Calabacitas con Pollo Spanish Brown Rice (Corn, Zucchini, Onion, Tomato) 4-Way Vegetable Blend Fresh Orange Low Fat Milk	1 🍴 Chinese Chicken Salad OR 🍴 🌱 Three Bean Barley Salad OR 🍴 Turkey & Cheese Sdw OR 🍴 🌱 Egg Salad Sandwich
4	Chicken Chimichurri Whole Wheat Tortilla Pinto Beans Whole Kernel Corn Fresh Orange Low Fat Milk	6	7	Veteran's Day Meal BBQ Hamburger Lettuce & Tomato WW Hamburger Bun Baked Beans Cilantro Carrot Coleslaw Fresh Orange Low Fat Milk/Cookie	8 WEEKLY ALTERNATES 🍴 Crabmeat Mandarin Salad OR 🍴 🌱 Chickpea Chef Salad OR 🍴 Chicken Salad Sandwich OR 🍴 🌱 Black Bean Burger
11 🍴	Turkey w/ Gravy Whole Wheat Roll Whipped Potatoes Brussels Sprouts Fresh Banana Low Fat Milk Margarine	12	13	14	15 WEEKLY ALTERNATES 🍴 Chicken Caesar Salad OR 🍴 🌱 Chickpea Spinach Salad OR 🍴 Turkey-Ham & Apple Sandwich OR 🍴 🌱 South of the Border Bean Wrap
18	🌱 Vegetarian Kofta Curry Meatballs Brown Rice Spinach Salad Cauliflower Fresh Banana Low Fat Milk	19	20	21	22 WEEKLY ALTERNATES 🍴 BBQ Chicken Salad OR 🍴 🌱 Spinach/Cranberry/Egg Salad OR 🍴 Turkey & Cranberry Sdw OR 🍴 🌱 Black Bean Burger
25	Sweet & Sour Pork Whole Grain Garlic Noodles Cabbage w/ Carrots Cauliflower Fresh Banana Low Fat Milk	26	27	28	29 WEEKLY ALTERNATES 🍴 Southwest Sld w/ Tky-Ham OR 🍴 🌱 Cottage Cheese Fruit Sld OR 🍴 Tuna Salad Sandwich OR 🍴 🌱 Vegetarian Wrap
				29 Closed for Thanksgiving	

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.



Building Community Through **Fun**