

City of San Jose Senior Nutrition Program | November 2024

Alma Community Center | 136 W Alma Ave | (408) 275-1315

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				Chicken w/ Cranberry Orange Sauce Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk	1 🎉 BBQ Chicken Salad OR 🍴 🥗 Egg Salad Sandwich OR 🍴 🍔 Black Bean Burger
4 Fish w/ Red Pepper Sauce Whole Wheat Bread California Vegetable Blend Brussels Sprouts Pineapple Tidbits Low Fat Milk Margarine	5 Chicken Fajita Whole Wheat Tortilla Cilantro Coleslaw Pinto Beans Fresh Apple Low Fat Milk	6 Tomato Basil Soup 6 Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	7 Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Bread Carrots Peas Fresh Orange Low Fat Milk	8 Veteran's Day Meal 8 BBQ Hamburger Lettuce & Tomato WW Hamburger Bun Baked Beans Cilantro Carrot Coleslaw Fresh Orange Low Fat Milk/Cookie	WEEKLY ALTERNATES 🍴 🥗 Mediterranean Salad OR 🍴 🌯 Curry Apple Chicken Wrap OR 🍴 🍔 Black Bean Burger
11 Closed for Veteran's Day	12 Corn Chowder Soup 12 Potato-Crusted Fish Sandwich Whole Wheat Hamburger Bun Carrots Brussels Sprouts Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	13 Turkey Vegetable Stew Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Fresh Orange Low Fat Milk Margarine	14 Beef Stroganoff w/ Egg Noodles Whole Wheat Roll & Margarine Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	15 Garlic Rosemary Chicken Whole Wheat Bread Whole Kernel Corn Fresh Coleslaw w/ Carrots Fresh Banana Low Fat Milk Margarine	WEEKLY ALTERNATES 🍴 🥗 Cottage Cheese Fruit Sld OR 🍴 🌯 Tky & Cranberry Sdw OR 🍴 🍔 Black Bean Burger
18 Pork w/ Roasted Garlic Marsala Spanish Brown Rice Broccoli Coleslaw w/ Carrots Fresh Apple Low Fat Milk	19 Beef & Turkey Enchilada Casserole (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	20 Vegetable Soup 20 Fiesta Chicken Whole Wheat Tortilla Pinto Beans Brussels Sprouts Mandarin Oranges Low Fat Milk	21 Pork al Pastor Corn Tortilla Black Beans Spinach Tropical Fruit Low Fat Milk	22 Beef & Turkey Meatloaf w/ Gravy Whole Wheat Bread & Margarine Whipped Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	WEEKLY ALTERNATES 🍴 🥗 Chef Salad OR 🍴 🌯 Vegetarian Wrap OR 🍴 🍔 Black Bean Burger
25 Vegetarian Chili Whole Wheat Roll Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine	26 Lime Chicken Whole Wheat Tortilla Pinto Beans 4-Way Vegetable Blend Fresh Orange Low Fat Milk	27 Thanksgiving Meal 27 Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	28 Closed for Thanksgiving	29 Closed for Thanksgiving	WEEKLY ALTERNATES 🍴 🥗 Veggie Chickpea Chef Salad OR 🍴 🌯 Tky-Ham & Apple Sdw OR 🍴 🍔 Black Bean Burger

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.