

# City of San Jose Senior Nutrition Program | November 2024

Almaden Community Center | 6445 Camden Ave | (408) 268-1133

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				<b>Chicken w/ Cranberry Orange Sauce</b> Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk	1 🍷 <b>BBQ Chicken Salad</b> OR 🍷 🍴 <b>Egg Salad Sandwich</b> OR 🍷 🍴 <b>Black Bean Burger</b>
4 <b>Fish w/ Red Pepper Sauce</b> Whole Wheat Bread California Vegetable Blend Peas Mixed Fruit Low Fat Milk Margarine	🍷 <b>Tomato Basil Soup</b> 5 <b>Chicken w/ Cacciatore Sauce</b> Penne Pasta Whole Wheat Roll Carrots 🍷 <b>Roasted Brussels Sprouts</b> 🍷 <b>Fresh Orange</b> Low Fat Milk	6 <b>Western Beef Patty</b> Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	7 <b>Cranberry Dijon Chicken</b> Brown Rice Green Beans w/ Red Pepper Roasted Red Potatoes Fresh Banana Low Fat Milk	8 <b>Veteran's Day Meal</b> <b>BBQ Hamburger</b> Lettuce & Tomato WW Hamburger Bun Baked Beans Cilantro Carrot Coleslaw Fresh Orange Low Fat Milk/Cookie	<b>WEEKLY ALTERNATES</b> 🍷 🍴 <b>Mediterranean Salad</b> OR 🍷 🍴 <b>Curry Apple Chicken Wrap</b> OR 🍷 🍴 <b>Black Bean Burger</b>
11 <b>Closed for Veteran's Day</b>	12 <b>Corn Chowder Soup</b> <b>Pollock Fish Sandwich</b> Whole Wheat Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	13 <b>Chinese Chicken Salad</b> Whole Wheat Bread (Salad Mix in entrée) Fresh Orange Low Fat Milk Margarine	14 <b>Salisbury Steak w/ Gravy</b> Whole Wheat Roll & Margarine Whipped Potatoes California Vegetable Blend Fresh Seasonal Fruit Low Fat Milk	15 <b>Garlic Rosemary Chicken</b> Whole Wheat Bread Whole Kernel Corn Carrot Raisin Salad Mixed Fruit Low Fat Milk Margarine	<b>WEEKLY ALTERNATES</b> 🍷 🍴 <b>Cottage Cheese Fruit Sld</b> OR 🍷 🍴 <b>Tky &amp; Cranberry Sdw</b> OR 🍷 🍴 <b>Black Bean Burger</b>
18 <b>Beef &amp; Turkey Enchilada</b> (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	19 <b>King Ranch Chicken Leg Quarter</b> Whole Wheat Bread & Margarine Brussels Sprouts Fresh Tossed Salad Fresh Apple Low Fat Milk	20 <b>Vegetable Soup</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Asian Vegetable Blend Spinach Mandarin Oranges Low Fat Milk	21 <b>Fish w/ Roasted Garlic Marsala</b> 🍷 <b>Spanish Brown Rice</b> Broccoli Coleslaw w/ Carrot Fresh Apple Low Fat Milk	22 <b>Beef &amp; Turkey Meatloaf w/ Gravy</b> Whole Wheat Bread & Margarine Whipped Potatoes Green Beans Fresh Orange Low Fat Milk	<b>WEEKLY ALTERNATES</b> 🍷 🍴 <b>Chef Salad</b> OR 🍷 🍴 <b>Vegetarian Wrap</b> OR 🍷 🍴 <b>Black Bean Burger</b>
25 <b>Chicken w/ Creamy Tuscan Sauce</b> Whole Wheat Bread Roasted Cauliflower 4-Way Vegetable Blend Mixed Fruit Low Fat Milk Margarine	🍷 <b>Vegetarian Chili</b> 26 <b>Whole Wheat Roll</b> Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine	🍷 <b>Thanksgiving Meal</b> 27 <b>Turkey w/ Gravy &amp; Cranberry Sauce</b> Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	28 <b>Closed for Thanksgiving</b>	29 <b>Closed for Thanksgiving</b>	<b>WEEKLY ALTERNATES</b> 🍷 🍴 <b>Veggie Chickpea Chef Salad</b> OR 🍷 🍴 <b>Tky-Ham &amp; Apple Sdw</b> OR 🍷 🍴 <b>Black Bean Burger</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.



Building Community Through Fun