


City of San Jose Senior Nutrition Program | November 2024

Cypress Community Center | 403 Cypress Ave | (408) 244-1353

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				Chicken w/ Cranberry Orange Sauce Whole Wheat Roll Green Beans Sweet Potatoes Fresh Orange Low Fat Milk	1 🍴 BBQ Chicken Salad OR 🍴 🥗 Egg Salad Sandwich OR 🍴 🥗 Black Bean Burger
Fish w/ Dill Sauce Whole Wheat Bread California Vegetable Blend Peas Mixed Fruit Low Fat Milk Margarine	Tomato Basil Soup Roasted Chicken Quarter w/ Gravy Brown Rice Pilaf Mushrooms & Zucchini Green Beans Fresh Apple Low Fat Milk	Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	 Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Bread Carrots Cauliflower Fresh Banana Low Fat Milk	Veteran's Day Meal 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
Closed for Veteran's Day	🥗 Corn Chowder Soup Vegetarian Spinach Lasagna Whole Wheat Roll Cauliflower (Mixed Vegetables in entrée) Fresh Seasonal Fruit Low Fat Milk Margarine	Turkey Vegetable Stew Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Fresh Orange Low Fat Milk Margarine	Salisbury Steak w/ Gravy Whole Wheat Bread & Margarine Parslied Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	Chicken Mole Brown Rice Whole Kernel Corn Fresh Coleslaw w/ Carrots Fresh Banana Low Fat Milk	WEEKLY ALTERNATES 🥗 Cottage Cheese Fruit Sld OR 🍴 🥗 Tky & Cranberry Sdw OR 🍴 🥗 Black Bean Burger
Beef & Turkey Enchilada (Corn Tortilla in entrée) Peas California Vegetable Salad Fresh Apple Low Fat Milk	Vegetable Soup Sweet & Sour Pork Brown Rice Japanese Vegetable Blend Carrots Fresh Orange Low Fat Milk	King Ranch Chicken Leg Quarter Whole Wheat Bread Brussels Sprouts Fresh Tossed Salad Fresh Seasonal Fruit Low Fat Milk Margarine	Fish Sandwich Whole Wheat Hamburger Bun Broccoli Coleslaw Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	🥗 Egg & Cheese Omelet Whole Wheat Bread Red Diced Potatoes 4-Way Vegetable Blend Fresh Orange Low Fat Milk Jelly	WEEKLY ALTERNATES 🍴 🥗 Chef Salad OR 🍴 🥗 Vegetarian Wrap OR 🍴 🥗 Black Bean Burger
 Lime Chicken Whole Wheat Tortilla Pinto Beans 5-Way Vegetable Blend Tropical Fruit Low Fat Milk	🥗 Vegetarian Chili Whole Wheat Roll Brussels Sprouts (Tomatoes & Onion in entrée) Fresh Orange Low Fat Milk Margarine	 Thanksgiving Meal Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	Closed for Thanksgiving	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.



Building Community Through **Fun**