

City of San Jose Senior Nutrition Program | November 2024

Evergreen Community Center | 4860 San Felipe Rd | (408) 270-2220

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				Diwali Meal 1 Vegetarian Tofu Curry Brown Rice Cabbage Lentil Salad w/ Carrots Warm Spiced Peaches Low Fat Milk	BBQ Chicken Salad OR Egg Salad Sandwich OR Black Bean Burger
Fish w/ Red Pepper Sauce 4 Whole Wheat Bread California Vegetable Blend Green Beans Fresh Apple Low Fat Milk Margarine	Tomato Basil Soup 5 Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Bread Carrots Peas Fresh Orange Low Fat Milk	Western Beef Patty 6 Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	Tandoori Chicken 7 Cilantro Brown Rice Cauliflower Fresh Tossed Salad Low Fat Milk Salad Dressing	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	Corn Chowder Soup 12 Potato-Crusted Fish Sandwich Whole Wheat Hamburger Bun Carrots Brussels Sprouts Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	Turkey Vegetable Stew 13 Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Fresh Orange Low Fat Milk Margarine	Salisbury Steak w/ Gravy 14 Whole Wheat Roll & Margarine Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	Garlic Rosemary Chicken 15 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
Beef & Turkey Enchilada 18 (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	Vegetable Soup 19 Vegetarian Chana Masala Brown Rice Cauliflower Spinach Fresh Apple Low Fat Milk	Fiesta Chicken 20 Whole Wheat Tortilla Pinto Beans Broccoli Mandarin Oranges Low Fat Milk	Fish w/ Roasted Garlic Marsala 21 Spanish Brown Rice Brussels Sprouts Coleslaw w/ Carrot Fresh Seasonal Fruit Low Fat Milk	Beef & Turkey Meatloaf w/ Gravy 22 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
Vegetarian Chili 25 Whole Wheat Roll Tossed Salad w/ Bell Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine	Minestrone Soup 26 BBQ Breaded Chicken Sandwich Lettuce & Tomato Whole Wheat Hamburger Bun Garden Vegetable Blend Peas Fresh Orange Low Fat Milk	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.



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