

# City of San Jose Senior Nutrition Program | November 2024

Mayfair Community Center | 2039 Kammerer Ave | (408) 794-1060

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				<b>Dia de los Muertos Chile Colorado</b> Corn Tortilla Pinto Beans Spinach Fresh Orange Low Fat Milk Cinnamon Cake	1 <b>BBQ Chicken Salad</b> OR 2 <b>Egg Salad Sandwich</b> OR 3 <b>Black Bean Burger</b>
4 <b>Fish w/ Red Pepper Sauce</b> Whole Wheat Bread California Vegetable Blend Brussels Sprouts Pineapple Tidbits Low Fat Milk Margarine	5 <b>Chicken Fajita</b> Whole Wheat Tortilla Cilantro Coleslaw Pinto Beans Fresh Apple Low Fat Milk	6 <b>Tomato Basil Soup</b> <b>Western Beef Patty</b> Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	7 <b>Chicken w/ Cacciatore Sauce</b> Penne Pasta Whole Wheat Bread Carrots Peas Fresh Orange 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> 9 <b>Mediterranean Salad</b> OR 10 <b>Curry Apple Chicken Wrap</b> OR 11 <b>Black Bean Burger</b>
11 <b>Closed for Veteran's Day</b>	12 <b>Corn Chowder Soup</b> <b>Potato-Crusted Fish Sandwich</b> Whole Wheat Hamburger Bun Carrots Brussels Sprouts Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	13 <b>Turkey Vegetable Stew</b> Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Fresh Orange Low Fat Milk Margarine	14 <b>Beef Stroganoff w/ Egg Noodles</b> Whole Wheat Roll & Margarine Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	15 <b>Garlic Rosemary Chicken</b> Whole Wheat Bread Whole Kernel Corn Fresh Coleslaw w/ Carrots Fresh Banana Low Fat Milk Margarine	<b>WEEKLY ALTERNATES</b> 16 <b>Cottage Cheese Fruit Sld</b> OR 17 <b>Tky &amp; Cranberry Sdw</b> OR 18 <b>Black Bean Burger</b>
18 <b>Pork w/ Roasted Garlic Marsala</b> Spanish Brown Rice Broccoli Coleslaw w/ Carrots Fresh Apple Low Fat Milk	19 <b>Beef &amp; Turkey Enchilada Casserole</b> (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	20 <b>Harvest Meal</b> Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	21 <b>Pork al Pastor</b> Corn Tortilla Black Beans Spinach Tropical Fruit Low Fat Milk	22 <b>Beef &amp; Turkey Meatloaf w/ Gravy</b> Whole Wheat Bread & Margarine Whipped Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	<b>WEEKLY ALTERNATES</b> 23 <b>Chef Salad</b> OR 24 <b>Vegetarian Wrap</b> OR 25 <b>Black Bean Burger</b>
25 <b>Vegetarian Chili</b> Whole Wheat Roll Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine	26 <b>Lime Chicken</b> Whole Wheat Tortilla Pinto Beans 4-Way Vegetable Blend Fresh Orange Low Fat Milk	27 <b>Minestrone Soup</b> <b>Pasta w/ Meat Sauce</b> Whole Grain Penne Green Beans California Vegetable Blend Fresh Apple Low Fat Milk	28 <b>Closed for Thanksgiving</b>	29 <b>Closed for Thanksgiving</b>	<b>WEEKLY ALTERNATES</b> 30 <b>Veggie Chickpea Chef Salad</b> OR 31 <b>Tky-Ham &amp; Apple Sdw</b> OR 32 <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.



SAN JOSE  
**PARKS, RECREATION & NEIGHBORHOOD SERVICES**



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