

# City of San Jose Senior Nutrition Program | November 2024

Northside Community Center | 488 N. 6th St | (408) 216-4154

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKLY ALTERNATE CHOICES
					<ul style="list-style-type: none"> <li> BBQ Chicken Salad</li> <li>OR</li> <li> Egg Salad Sandwich</li> <li>OR</li> <li> Black Bean Burger</li> </ul>
<b>3</b> <b>Fish w/ Red Pepper Sauce</b> Whole Wheat Bread California Vegetable Blend Brussels Sprouts Fresh Seasonal Fruit Low Fat Milk Margarine	<b>4</b> <b>Chicken w/ Cacciatore Sauce</b> Penne Pasta Whole Wheat Bread Carrots Peas Mandarin Oranges Low Fat Milk	<b>5</b> Tomato Basil Soup <b>Western Beef Patty</b> Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	<b>6</b> <b>Chicken Mole</b> Cilantro Brown Rice Zucchini Fresh Tossed Salad Fresh Orange Low Fat Milk	<b>7</b> <i>Veteran's Day Meal</i> <b>BBQ Rib</b> Whole Wheat Roll Potato Wedges Coleslaw w/ Carrots Fresh Orange Low Fat Milk Cookie	<b>WEEKLY ALTERNATES</b> <ul style="list-style-type: none"> <li> Mediterranean Salad</li> <li>OR</li> <li> Curry Apple Chicken Wrap</li> <li>OR</li> <li> Black Bean Burger</li> </ul>
<b>10</b> Closed for <b>Veteran's Day</b>	<b>11</b> Closed for <b>Veteran's Day</b>	<b>12</b> <b>Turkey Pozole w/ Hominy</b> Brown Rice Peas Sweet Potatoes Fresh Orange Low Fat Milk	<b>13</b> Corn Chowder Soup <b>Beef Patty</b> <b>w/ General Tso Sauce</b> Whole Wheat Garlic Noodles Cabbage Fresh Tossed Salad Fresh Seasonal Fruit Low Fat Milk	<b>14</b> <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> <ul style="list-style-type: none"> <li> Cottage Cheese Fruit Sld</li> <li>OR</li> <li> Tky &amp; Cranberry Sdw</li> <li>OR</li> <li> Black Bean Burger</li> </ul>
<b>17</b> <b>Bean &amp; Cheese Burrito</b> Whole Wheat Tortilla in entrée Roasted Zucchini California Vegetable Blend Fresh Apple Low Fat Milk	<b>18</b> <b>Szechuan Pork</b> Whole Wheat Garlic Noodles Asian Vegetable Blend Spinach Fresh Orange Low Fat Milk	<b>19</b> Vegetable Soup <b>Fiesta Chicken</b> Whole Wheat Tortilla Pinto Beans Broccoli Mandarin Oranges Low Fat Milk	<b>20</b> <b>Fish w/ Roasted Garlic Marsala</b> Spanish Brown Rice Brussels Sprouts Coleslaw w/ Carrot Fresh Apple Low Fat Milk	<b>21</b> <b>Beef &amp; Turkey Meatloaf</b> <b>w/ Gravy</b> Whole Wheat Bread & Margarine Whipped Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	<b>WEEKLY ALTERNATES</b> <ul style="list-style-type: none"> <li> Chef Salad</li> <li>OR</li> <li> Vegetarian Wrap</li> <li>OR</li> <li> Black Bean Burger</li> </ul>
<b>24</b> <b>Fish w/ Lemon Herb Sauce</b> Whole Wheat Bread Cilantro Coleslaw Red Diced Potatoes Applesauce Low Fat Milk Margarine	<b>25</b> <b>Chinese 5-Spice Chicken</b> Brown Rice Cabbage 4-Way Vegetable Blend Fresh Orange Low Fat Milk	<b>26</b> Minestrone Soup <b>Pasta w/ Meat Sauce</b> Whole Grain Penne Green Beans California Vegetable Blend Fresh Apple Low Fat Milk	<b>27</b> <b>Thanksgiving Meal</b> Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Garden Vegetable Blend Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	<b>28</b> Closed for <b>Thanksgiving</b>	<b>WEEKLY ALTERNATES</b> <ul style="list-style-type: none"> <li> Veggie Chickpea Chef Salad</li> <li>OR</li> <li> Tky-Ham &amp; Apple Sdw</li> <li>OR</li> <li> Black Bean Burger</li> </ul>

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**