

# City of San Jose Senior Nutrition Program | November 2024

Roosevelt Community Center | 901 E. Santa Clara St | (408) 794-7555

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY ALTERNATE CHOICES
				<b>Chicken w/ Cranberry Orange Sauce</b> Whole Wheat Roll Green Beans Sweet Potatoes Fresh Orange Low Fat Milk	<b>Fish w/ Soy Sauce, Scallions, &amp; Ginger</b> WG Garlic Noodles Cabbage Tossed Salad w/ Carrots Mixed Fruit Low Fat Milk	🎉 <b>BBQ Chicken Salad</b> OR 🥗 <b>Egg Salad Sandwich</b> OR 🎉 <b>Black Bean Burger</b>
<b>Western Beef Patty</b> Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	<b>Chicken Fajita</b> Whole Wheat Tortilla Cilantro Slaw Pinto Beans Fresh Seasonal Fruit Low Fat Milk	Tomato Basil Soup <b>Fish w/Red Pepper Sauce</b> Whole Wheat Bread California Vegetable Blend Cabbage Tropical Fruit Low Fat Milk Margarine	🌟 <b>Chicken w/ Cacciatore Sauce</b> Penne Pasta Whole Wheat Bread Carrots Peas Fresh Orange Low Fat Milk	<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	Closed for <b>Veteran's Day</b>	<b>WEEKLY ALTERNATES</b> 🎉 <b>Mediterranean Salad</b> OR 🎉 <b>Curry Apple Chicken Wrap</b> OR 🥗 <b>Black Bean Burger</b>
Closed for <b>Veteran's Day</b>	<b>Corn Chowder Soup</b> <b>Potato-Crusted Fish Sdw</b> WW Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	<b>Lemongrass Pork</b> WG Garlic Noodles 4-Way Vegetable Blend Squash Fresh Orange Low Fat Milk	<b>Salisbury Steak w/ Gravy</b> Whole Wheat Roll & Margarine Parslied Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	<b>Turkey Chili</b> Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Tropical Fruit Low Fat Milk Margarine	<b>Garlic Rosemary Chicken</b> Whole Wheat Bread Whole Kernel Corn Coleslaw w/ Carrot Fresh Banana 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>
<b>Beef &amp; Turkey Meatloaf</b> w/ Gravy Whole Wheat Bread Whipped Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	<b>Pork al Pastor</b> Corn Tortilla Black Beans Spinach Tropical Fruit Low Fat Milk	<b>Vegetable Soup</b> <b>Fiesta Chicken</b> Whole Wheat Tortilla Pinto Beans Broccoli Fresh Orange Low Fat Milk	<b>Pork Stir Fry</b> Asian Brown Rice 5-Way Vegetable Blend Cabbage Mandarin Oranges Low Fat Milk	<b>Beef &amp; Tky Enchilada Casserole</b> (Corn Tortilla in entrée) Roasted Zucchini California Mix Salad Fresh Orange Low Fat Milk	<b>Fish w/ Roasted Garlic Marsala</b> Spanish Brown Rice Brussels Sprouts Coleslaw w/ Carrot Fresh Apple Low Fat Milk	<b>WEEKLY ALTERNATES</b> <b>Chef Salad</b> OR 🥗 <b>Vegetarian Wrap</b> OR 🎉 <b>Black Bean Burger</b>
🥗 <b>Vegetarian Chili</b> Whole Wheat Roll Tossed Salad w/ Red Pepper Tomatoes & Onion in entrée Fresh Apple Low Fat Milk Margarine	🌟 <b>Lime Chicken</b> Whole Wheat Tortilla Black Beans 4-Way Vegetable Blend Fresh Orange Low Fat Milk	🎉 <b>Thanksgiving Meal</b> <b>Turkey w/ Gravy &amp; Cranberry Sa</b> Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	Closed for <b>Thanksgiving</b>	Closed for <b>Thanksgiving</b>	Closed for <b>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