

City of San Jose Senior Nutrition Program | November 2024

Seven Trees Community Center | 3590 Cas Dr | (408) 794-1690

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				Chicken w/ Cranberry Orange Sauce Whole Wheat Bread Green Beans Sweet Potatoes Fresh Orange Low Fat Milk	1 🎉 BBQ Chicken Salad OR 🎉 🍴 Egg Salad Sandwich OR 🎉 🍴 Black Bean Burger
4 Fish w/ Red Pepper Sauce Whole Wheat Bread California Vegetable Blend Cauliflower Tropical Fruit Low Fat Milk Margarine	5 Tandoori Chicken Cilantro Brown Rice Brussels Sprouts Fresh Tossed Salad Fresh Apple Low Fat Milk	6 Tomato Basil Soup 7 Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	7 Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Bread Carrots Peas Fresh Orange Low Fat Milk	8 Veteran's Day Meal 9 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	12 Corn Chowder Soup 13 Potato-Crusted Fish Sandwich Whole Wheat Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	13 Turkey Vegetable Stew Whole Wheat Bread Mixed Vegetable Blend Sweet Potatoes Fresh Orange Low Fat Milk Margarine	14 Salisbury Steak w/ Gravy Whole Wheat Roll & Margarine Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	15 Garlic Rosemary Chicken 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
18 Beef & Turkey Enchilada (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Blend Fresh Apple Low Fat Milk	19 Szechuan Pork Whole Grain Garlic Noodles Asian Vegetable Blend Spinach Fresh Orange Low Fat Milk	20 Vegetable Soup 21 Fiesta Chicken Whole Wheat Tortilla Pinto Beans Broccoli Fresh Seasonal Fruit Low Fat Milk	21 Fish w/ Roasted Garlic Marsala Spanish Brown Rice Brussels Sprouts Coleslaw w/ Carrot Fresh Apple Low Fat Milk	22 Beef & Turkey Meatloaf w/ Gravy WW Bread & Margarine Red Diced Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	WEEKLY ALTERNATES 🎉 🍴 Chef Salad OR 🎉 🍴 Vegetarian Wrap OR 🎉 🍴 Black Bean Burger
25 Chinese 5-Spice Chicken Brown Rice Cauliflower 4-Way Vegetable Blend Mandarin Oranges Low Fat Milk	26 Minestrone Soup 27 Pasta w/ Meat Sauce Whole Grain Penne Italian Green Beans California Vegetable Blend Fresh Apple Low Fat Milk	27 Thanksgiving Meal Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Parslied Carrots Diced 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.



Building Community Through Fun