

# City of San Jose Senior Nutrition Program | November 2024

Southside Community Center | 5585 Cottle Rd | (408) 629-3336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				<b>Chicken w/ Cranberry Orange Sauce</b> Brown Rice Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk	1 🍴 <b>BBQ Chicken Salad</b> OR 🍴 <b>Egg Salad Sandwich</b> OR 🍴 <b>Black Bean Burger</b>
4 <b>Fish w/ Red Pepper Sauce</b> Brown Rice Pilaf California Vegetable Blend Peas Fresh Orange Low Fat Milk	5 <b>Cranberry Dijon Chicken</b> Brown Rice Green Beans w/ Red Pepper Roasted Red Potatoes Fresh Apple Low Fat Milk	6 Tomato Basil Soup <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 Roasted Brussels Sprouts 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	WEEKLY ALTERNATES 🍴 <b>Mediterranean Salad</b> OR 🍴 <b>Curry Apple Chicken Wrap</b> OR 🍴 <b>Black Bean Burger</b>
11 Closed for <b>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>Salisbury Steak w/ Gravy</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	WEEKLY ALTERNATES 🍴 <b>Cottage Cheese Fruit Sld</b> OR 🍴 <b>Tky &amp; Cranberry Sdw</b> OR 🍴 <b>Black Bean Burger</b>
18 <b>Beef &amp; Turkey Enchilada</b> (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Blend Fresh Apple Low Fat Milk	19 🍴 <b>Vegetarian Spinach Lasagna</b> Whole Wheat Bread Cauliflower (Mixed Vegetables in entrée) Tropical Fruit Low Fat Milk Margarine	20 <b>Vegetable Soup</b> <b>Fiesta Chicken</b> Whole Wheat Tortilla Pinto Beans Broccoli Mixed Fruit Low Fat Milk	21 🍴 <b>Fish w/ Roasted Garlic Marsala</b> Spanish Brown Rice Brussels Sprouts Coleslaw w/ Carrot Fresh Apple Low Fat Milk	22 <b>Beef &amp; Turkey Meatloaf w/ Gravy</b> Whole Wheat Roll & Margarine Whipped Potatoes Fresh Tossed Salad Fresh Orange Low Fat Milk	WEEKLY ALTERNATES 🍴 <b>Chef Salad</b> OR 🍴 <b>Vegetarian Wrap</b> OR 🍴 <b>Black Bean Burger</b>
25 🍴 <b>Vegetarian Chili</b> Whole Wheat Roll Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Orange Low Fat Milk Margarine	26 <b>Chicken Gumbo</b> Dirty Brown Rice Red Beans 4-Way Vegetable Blend Mandarin Oranges Low Fat Milk	27 🍴 <b>Thanksgiving Meal</b> <b>Turkey w/ Gravy &amp; Cranberry Sauce</b> Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	28 Closed for <b>Thanksgiving</b>	29 Closed for <b>Thanksgiving</b>	WEEKLY ALTERNATES 🍴 <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.



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