

# City of San Jose Senior Nutrition Program | November 2024

Camden Community Center | 3369 Union Ave | (408) 371-2888

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
				<b>Calabacitas con Pollo</b> Spanish Brown Rice (Corn, Zucchini, Onion, Tomato) 4-Way Vegetable Blend Fresh Orange Low Fat Milk	1 🍴 <b>Chinese Chicken Salad</b> OR 🍴 🌱 <b>Three Bean Barley Salad</b> OR 🍴 <b>Turkey &amp; Cheese Sdw</b> OR 🍴 🌱 <b>Egg Salad Sandwich</b>
4 <b>Sesame Sauce Fish</b> Asian Brown Rice Ginger Cilantro Coleslaw Asian Vegetable Blend Fresh Banana Low Fat Milk	5 <b>Chicken Chimichurri</b> Whole Wheat Tortilla Pinto Beans Whole Kernel Corn Fresh Orange Low Fat Milk	6 <b>Beef &amp; Turkey Lasagna Casserole</b> Whole Wheat Bread California Vegetable Blend Fresh Tossed Salad Fresh Banana Low Fat Milk	7 <b>Vegetable Soup</b> <b>Chicken w/ Gravy</b> Whole Wheat Roll Whipped Potatoes 4-Way Vegetable Blend Fresh Orange Low Fat Milk Margarine	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> 🍴 <b>Crabmeat Mandarin Salad</b> OR 🍴 🌱 <b>Chickpea Chef Salad</b> OR 🍴 <b>Chicken Salad Sandwich</b> OR 🍴 🌱 <b>Black Bean Burger</b>
11 🍴 Closed for Veteran's Day	12 🍴 <b>Turkey w/ Gravy</b> Whole Wheat Roll Whipped Potatoes Brussels Sprouts Fresh Banana Low Fat Milk Margarine	13 <b>Butternut Squash Soup</b> <b>Cranberry Dijon Chicken</b> Whole Wheat Bread Fresh Tossed Salad California Vegetable Blend Fresh Seasonal Fruit Low Fat Milk Margarine	14 <b>Honey Ginger Glaze Fish</b> Brown Rice Spinach Green Beans w/ Red Peppers Pineapple Tidbits Low Fat Milk	15 <b>Sloppy Joe</b> Whole Wheat Hamburger Bun Capri Vegetable Blend Coleslaw w/ Carrots Fresh Banana Low Fat Milk	<b>WEEKLY ALTERNATES</b> 🍴 <b>Chicken Caesar Salad</b> OR 🍴 🌱 <b>Chickpea Spinach Salad</b> OR 🍴 <b>Turkey-Ham &amp; Apple Sandwich</b> OR 🍴 🌱 <b>South of the Border Bean Wrap</b>
18 <b>Potato-Crusted Pollock w/ Lemon Herb Sauce</b> Brown Rice Pilaf Chickpea Salad Diced Carrots Fresh Seasonal Fruit Low Fat Milk	19 🌱 <b>Vegetarian Kofta Curry Meatballs</b> Brown Rice Spinach Salad Cauliflower Fresh Banana Low Fat Milk	20 <b>Turkey Vegetable Stew</b> Whole Wheat Bread Peas Diced Sweet Potatoes Mandarin Oranges Low Fat Milk Margarine	21 <b>Corn Chowder Soup</b> <b>Pork w/ Apple Chutney</b> Whole Wheat Roll Whipped Potatoes Green Beans Fresh Orange Low Fat Milk Margarine	22 <b>Chicken w/ General Tso Sauce</b> Whole Grain Garlic Noodles Cabbage Fresh Tossed Salad Tropical Fruit Low Fat Milk	<b>WEEKLY ALTERNATES</b> 🍴 <b>BBQ Chicken Salad</b> OR 🍴 🌱 <b>Spinach/Cranberry/Egg Salad</b> OR 🍴 <b>Turkey &amp; Cranberry Sdw</b> OR 🍴 🌱 <b>Black Bean Burger</b>
25 <b>Beef &amp; Turkey Meatloaf w/ Gravy</b> Whole Wheat Bread & Margarine Whipped Potatoes 4-Way Vegetable Blend Mandarin Oranges Low Fat Milk	26 🍴 <b>Sweet &amp; Sour Pork</b> Whole Grain Garlic Noodles Cabbage w/ Carrots Cauliflower Fresh Banana Low Fat Milk	27 🍴 <b>Thanksgiving Meal</b> <b>Turkey w/ Gravy &amp; Cranberry Sauce</b> Stuffing Green Beans w/ Onions Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	28 Closed for Thanksgiving	29 Closed for Thanksgiving	<b>WEEKLY ALTERNATES</b> 🍴 <b>Southwest Sld w/ Tky-Ham</b> OR 🍴 🌱 <b>Cottage Cheese Fruit Sld</b> OR 🍴 <b>Tuna Salad Sandwich</b> OR 🍴 🌱 <b>Vegetarian Wrap</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