









OCTOBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
|  | 1 Sloppy J w/ beef & hamburger bun, broccoli & carrots, fruit | 2 Tuna sandwich w/ grain bread, veggie soup, carrot raisin salad, fruit |  3 Mac & cheese, mixed veggies, green salad w/ tomato, cucumbers & egg, fruit |  4 Teriyaki chicken, wild rice, mixed veggies, green salad, fruit |
| 7 Beef lasagna w/ pasta & cheese, corn, coleslaw, fruit | 8 Baked breaded cod, brown rice, green beans, golden mandarin salad, fruit | 9 Chicken pot pie w/ mixed veggies, green salad, fruit | 10 Baked pork chop w/ mushroom gravy, mashed potatoes, mixed veggies, fruit | 11 Beef w/ broccoli, mixed veggies, green salad, roll, fruit |
| 14 Krab caked, couscous, mixed veggies, carrot raisin salad, fruit | 15 Baked chicken w/ B.B.Q. sauce, pasta salad, mixed veggies, fruit |  16 Lentil soup w/ carrots & bell peppers, roll, mixed veggies, green salad, egg, fruit | 17 Meat loaf w/ tomato sauce, corn, mashed potatoes, fruit | 18 Baked pork chop, mashed sweet potatoes, cauliflower, fruit |
| 21 Crispy oven chicken, wild rice, green beans, broccoli raisin salad, fruit | 22 Meat loaf w/gravy, mashed potatoes, peas & carrots, fruit |  23 Chicken cacciatore w/sauce, pasta, onions, mushrooms & more, green salad, fruit | 24 Battered cod, white rice, mixed veggies, slaw, fruit | 25 Spinach enchilada casserole w/ green sauce, cheese & tortilla, Spanish rice, green salad, fruit |
| 28 Krab cake, brown rice, carrots, coleslaw, fruit | 29 Pizza w/ sauce, cheese, mushrooms, tomatoes & more, green beans & cauliflower, green salad, fruit   | 30 Seasoned beef meatballs, pasta, mixed veggies, fruit | 31 Seasoned chicken, pasta salad, Swiss chard, green salad, fruit, special dessert HAPPY HALLOWEEN!! WEAR A COSTUME, GET A TRICK OR TREAT!! |  |

Menu subject to change

Mountain View Senior Center
266 Escuela Ave
Senior Nutrition Phone (650) 964-6586

Milk served with each meal