





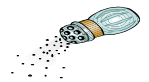






JANUARY 2025

Menu subject to change

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Monday	Tuesday	Wednesday	Thursday	Friday
NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.  = Meal contains more than 1000mg sodium  = Vegetarian Meal				
 Vegetarian 6 Pasta w/ cheese, tomato, onion & zucchini, roasted brussels sprouts, fruit	7 Baked breaded cod, couscous, cauliflower & carrots, coleslaw, fruit	8 Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	9 Seasoned pork chop, mashed sweet potatoes, green beans, fruit	Vegetarian 3 Pizza w/ marinara sauce, onions, cheese, tomato, green beans & cauliflower, oatmeal cookie, fruit 
13 Chili verde pork chop, Spanish brown rice, broccoli, fruit	14 Cranberry chicken, bread stuffing, kale, fruit	15 Baked breaded cod, brown rice, green beans, green salad, fruit	16 Chicken & rice casserole w/ celery & bread crumbs, mixed veggies, fruit	17 Beef & broccoli, roll, mixed veggies, coleslaw, fruit 
	20 Beef enchilada casserole, Spanish brown rice, corn, fruit	 Vegetarian 22 Baked ziti pasta w/cheese, roll, mixed veggies, green salad w/ egg, fruit	23 Baked pork chop w/ mushroom gravy, mashed potatoes, peas & carrots, fruit	24 Garlic chicken, wild rice, mixed veggies, green salad, fruit
27 Baked breaded cod, couscous, mixed veggies, fruit	 Vegetarian 28 Spinach lasagna, mixed veggies, fruit	29 Seasoned baked chicken, wild rice, roasted brussels sprouts, fruit	30 Beef stroganoff, pasta, mixed veggies, fruit	31 Pork chop in orange sauce, brown rice, spinach, coleslaw, fruit

Mountain View Senior Center

266 Escuela Ave

Senior Nutrition Phone (650) 964-6586

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Milk served with each meal