





# FEBRUARY 2025

Menu subject to change

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken pot pie w/ mixed veggies, carrots, fruit	<b>4</b> Meatloaf, mashed potatoes, corn, fruit	<b>5</b> Baked breaded cod, wild rice, mixed veggies, coleslaw, fruit	<b>6</b> Baked sesame chicken, roll, roasted veggies, fruit	<b>Vegetarian 7</b> Pizza w/ cheese, tomato & more, green beans & cauliflower, carrots, fruit 
<b>Vegetarian 10</b> Pasta w/ cheese & veggies, roasted brussels sprouts, fruit	<b>11</b> Baked breaded cod, couscous, cauliflower & carrots, coleslaw, fruit	<b>12</b> Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	<b>13</b> Seasoned pork chop, mashed sweet potatoes, green beans, fruit	<b>14</b> Baked breaded cod, wild rice, mixed veggies, spinach, fruit  <b>Happy Valentine's Day</b> <b>Bring a photograph of your Sweetheart</b>
<b>17</b> 	<b>18</b> Cranberry chicken, bread stuffing, kale, fruit	<b>19</b> Baked breaded cod, brown rice, green beans, green salad, fruit	<b>20</b> Chicken & rice casserole w/ onion & celery, mixed veggies, fruit	<b>21</b> Beef broccoli, mixed veggies, roll, coleslaw, fruit 
<b>24</b> Paprika chicken w/ mushrooms, mashed sweet potatoes, mixed veggies, fruit	<b>25</b> Beef enchilada casserole, brown rice, corn, fruit	<b>Vegetarian 26</b> Baked ziti pasta, mixed veggies, green salad, egg, fruit	<b>27</b> Baked pork chop / mushroom gravy, mashed potatoes, peas & carrots, fruit	<b>28</b> Garlic chicken, wild rice, mixed veggies, green salad, fruit
<div> <b>NUTRITION PROGRAM</b> - 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. <b>First come, first served.</b>   = Meal contains more than 1000mg sodium         </div>				

Mountain View Senior Center

266 Escuela Ave

Senior Nutrition Phone (650) 964-6586

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Milk served with each meal