
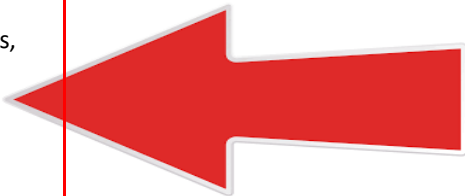



MARCH 2025

Menu subject to change

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked cod, couscous, mixed veggies, carrot raisin salad, fruit	Vegetarian 4 Spinach lasagna w/ cheese & marinara sauce, mixed veggies, fruit	5 Seasoned baked chicken, wild rice, roasted brussels sprouts, fruit	6 Beef stroganoff w/ pasta, mixed veggies, fruit	7 Pork chop w/orange sauce, brown rice, spinach, coleslaw, fruit
10 Chicken pot pie, w/potato & mixed veggies, fruit	11 Meatloaf (beef), mashed potatoes, corn, fruit	12 Baked breaded cod, wild rice, mixed veggies, coleslaw, fruit	13 Baked sesame chicken, roll, roasted veggies, fruit	14 Corned beef & cabbage w/ potatoes, carrots, bread, fruit 
Vegetarian 17 Pasta w/ tomato, onion, & zucchini, roasted brussels sprouts, fruit, dessert St. Patrick's Day Celebration with music!	18 Baked breaded cod, couscous, cauliflower & carrots, coleslaw, fruit	19 Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	20 Seasoned pork chop, mashed sweet potatoes, green beans, fruit	21 Baked breaded cod, wild rice, mixed veggies, spinach, fruit
24 Chili Verde pork chop, Spanish brown rice, broccoli & carrots, fruit	25 Cranberry chicken, bread stuffing, kale, fruit	26 Baked braded cod, brown rice, green beans, green salad, fruit	27 Chicken & rice casserole w/ onions & celery, mixed veggies, fruit	28 Beef & broccoli, mixed veggies, coleslaw, fruit
31 Paprika chicken w/mushrooms, mashed sweet potatoes, broccoli, fruit				<div> Senior Center is closed to all activities except Senior Nutrition Program Monday, March 31. Doors open at 10:30 a.m. and close at 1 p.m. </div> <div> 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 </div>

Mountain View Senior Center

266 Escuela Ave

Senior Nutrition Phone (650) 964-6586

Menu subject to change

Milk served with each meal