

# July 2025

## Mountain View Senior Center

Lunch Served: 11:45 a.m. – 12:15 p.m.

266 Escuela Ave. Mountain View 94043 (650) 964-6586



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Chicken w/B.B.Q. Sauce</b> Pasta Salad Mixed Veggies Fruit	2 <b>Lentil Soup</b> Cauliflower Green Salad w/ Egg Dinner Roll Fruit	3 <b>Meat Loaf w/ Tomato Sauce</b> Mashed Potatoes Corn Fruit Dessert <b>Happy 4th of July</b>	4 
7	8 <b>Meatloaf w/ Gravy</b> Mashed Potatoes Peas & Carrots Fruit	9 <b>Chicken Cacciatore w/ Pasta</b> Marinara Sauce Bell Peppers Onions & Mushrooms Green Salad Fruit	10 <b>Baked &amp; Battered Cod</b> White Rice Mixed Veggies Apple Slaw Fruit	11 <b>Spinach Enchilada w/ Cheese &amp; Tortilla</b> Spanish Rice Green Salad w/ egg Fruit
14	15 <b>Pizza w/Marinara Sauce</b> Cheese, Tomato & more Green Beans & Cauliflower Green Salad w/ Egg Fruit	16 <b>Seasoned Beef Meatballs</b> Pasta Mixed Veggies Green Salad Fruit	17 <b>Baked Seasoned Chicken</b> Pasta Swiss Chard Green Salad Fruit	18 <b>Baked Breaded Cod</b> Wild Rice Roasted Brussels Sprouts Spinach Fruit
21	22 <b>Sloppy Joe (beef)</b> Bun Broccoli & Carrots Fruit	23 <b>Tuna Sandwich w/ Celery</b> Tomatoes & Onions Bread Veggie Soup Carrot Raisin Salad Fruit	24 <b>Mac &amp; Cheese</b> Mixed Veggies Green Salad Roll Fruit	25 <b>Teriyaki Chicken</b> Wild Rice Mixed Veggies Green Salad Fruit
28	29 <b>Baked Breaded Cod</b> Brown Rice Green Beans Golden Mandarin Salad Fruit	30 <b>Chicken Pot Pie w/ Mixed Veggies</b> Green Salad Fruit	31 <b>Baked Pork Chop</b> Mashed Potatoes Mixed Veggies Fruit	

**All meals include fruit and milk**

Menu subject to change.

Each meal has ~750 to 900 mg of sodium.

Suggested contributions for participants age 60+ is \$5 per meal.



VEGETARIAN



HIGH SALT

(more than 1,000 mg of sodium)



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