

August 2025

Mountain View Senior Center

Lunch Served: 11:45 a.m. – 12:15 p.m.

266 Escuela Ave. Mountain View 94040 (650) 964-6586

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Beef broccoli mixed veggies green salad bread fruit
4	5	6	7	8
Krab cake couscous mixed veggies carrot raisin fruit	Chicken w/ BBQ sauce pasta salad mixed veggies fruit	 Lentil soup w/carrots & red bell peppers roll cauliflower egg green salad fruit	Meatloaf w/ tomato sauce mashed potatoes corn fruit	Baked seasoned pork chop mashed sweet potatoes cauliflower roll fruit
11	12	13	14	15
Oven baked chicken wild rice cooked carrots broccoli raisin salad fruit	Pork Char Siu garlic noodles peas & corn coleslaw fruit	Chicken w/ tomato mushroom sauce brown risotto rice mixed veggies fruit	Battered & baked cod white rice mixed veggies coleslaw cookie fruit	Creole chicken brown rice red beans collard greens fruit
18	19	20	21	22
Krab cake brown rice honey glazed carrots coleslaw fruit	Fish w/ pesto sauce rotini pasta brussels sprouts green salad fruit	Stuffed pepper turkey casserole peas & carrots green salad fruit	Orange glazed chicken Asian brown rice mixed veggies fruit	Baked breaded cod wild rice roasted brussels sprouts spinach fruit
25	26	27	28	29
Baked chicken mashed potatoes bread peas & carrots fruit	Sloppy Joe w/ beef red bell peppers onions, & celery bun broccoli & carrots fruit	Community Center Pork w/ chimichurii sauce rice pilaf roasted potatoes mixed veggies fruit	Community Center Korean beef & turkey bibimbap rice bowl brown rice ginger sliced carrots marinated green bean salad fruit	Community Center BBQ chicken leg pasta salad spinach corn fruit

All meals include fruit and milk



VEGETARIAN



HIGH SALT
(more than 1,000 mg of sodium)

Menu subject to change.

For alternate entrée, please order in advance.

Reservations may be required. Contact the site managers for availability.

Each meal has ~750 to 900 mg of sodium.

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



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