





December 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 Chicken pot pie w/ mixed veggies wheat bread fruit	2 Meatloaf mashed potatoes corn fruit	3 Baked breaded cod wild rice mixed veggies apple celery slaw, fruit	4 Baked sesame chicken roasted veggies roll fruit	5 Cilantro lime chicken corn tortilla sweet potatoes cilantro coleslaw, fruit
8 ✔ Pasta w/ tomato, onion, zucchini & cheese roasted brussels sprouts egg fruit	9 Baked breaded cod couscous w/mixed veggies cauliflower coleslaw fruit	10 Teriyaki chicken brown rice mixed veggies golden mandarin beet salad	11 Seasoned baked pork chop mashed sweet potatoes green beans fruit	12 Chicken noodle soup w/ mixed veggies broccoli raisin salad fruit
15 Chili Verde pork chop Spanish brown rice broccoli & carrots, fruit	16 Cranberry chicken bread stuffing kale fruit	17 Baked breaded cod garlic bread mixed veggies w/ brussels sprouts oatmeal cookie, fruit	18 Chicken & rice casserole w/ onions, celery, and brown rice cauliflower, broccoli & peas, fruit	19 Holiday Lunch Pre-registration Required (No Drop-ins) Chicken cordon bleu scalloped potatoes, mixed veggies, roll, fruit, dessert
22 Paprika chicken w/ mushrooms mashed sweet potatoes broccoli, roll, fruit	23 Turkey breast w/ gravy whipped potatoes broccoli fruit	24 	25 	26 Roast pork w/ garlic herb sauce roll, club spinach parslied carrots, fruit
29 Baked cod couscous, mixed veggies, carrot raisin, salad, fruit	30 Turkey veggie stew sweet potatoes, brussels sprouts, wheat bread, fruit	31 	JANUARY 1 	JANUARY 2 General Tsao chicken garlic noodles, cabbage, green salad, fruit

Senior Center is closed to all activities except Senior Nutrition Program. Doors open at 10:30 a.m., closing at 1 p.m.

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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