



January 2026

Mountain View Senior Center (MVSC)

Lunch Served: 11:45 a.m. – 12:15 p.m.

201 S. Rengstorff Ave. Mountain View 94040 (650) 964-6586

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 SERVED AT MVSC
				General Tsao chicken garlic noodles cabbage green salad
5	6	7	8	9
Alfredo chicken spaghetti broccoli & carrots green salad	Sweet & sour pork garlic noodles cabbage w/ carrots black beans	Rice w/ chicken split pea soup carrots	Tilapia & shrimp jambalaya black-eyed peas collard greens	Beef & turkey enchilada pie corn tortilla pinto beans mixed salad
12	13	14	15	16
Turkey chili baked potato cornbread onions w/ red peppers	Roasted garlic marsala pollock fish diced potato broccoli	Creamy Tuscan chicken minestrone soup brussels sprouts mixed veggies	Swedish beef meatballs w/ gravy roll, mixed veggies, green salad	Cilantro lime chicken corn tortilla sweet potatoes cilantro coleslaw
19	20	21	22	23
	Potato crusted pollock fish w/ green chili sauce corn tortilla pinto beans, green salad	Roast pork w/ gravy whipped potatoes cream of mushroom soup brussels sprouts	Squash w/ chicken & carrots Spanish brown rice mixed veggies	Beef & turkey shepherd's pie mixed veggies spinach
26	27	28	29	30
Chimichurri chicken tortilla pinto beans carrot coleslaw	Sesame tilapia Asian brown rice mixed veggies green salad	Baked chicken w/ gravy whipped potatoes roll mixed veggies	Piccata pork spaghetti parmesan tomatoes garlic spinach	Beef & turkey sloppy Joe bun mixed veggies brussels sprouts

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)



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

The Senior Nutrition Program will temporarily relocate to the Mountain View Community Center at 201 S. Rengstorff Ave. Please consider carpooling, allowing extra time or using alternate transportation as parking is limited at the Community Center. Overflow parking is available at the Rengstorff Park Aquatics Center and the Rengstorff Park BBQ parking lot, both located on Crisanto Ave.

Senior Center Construction Timeline: Jan. 5, 2026 - Feb. 20, 2026