

March 2026

Mountain View Senior Center (MVSC)
 Lunch Served: Mon-Fri, 11:45 am – 12:15 pm
 266 Escuela Avenue, Mountain View, CA 94040 (650) 964-6586

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| Beef patty Whole wheat bread Whipped potatoes Carrots | Turkey Tetrizzini Whole wheat bread Green peas Mixed veggies | Chicken curry Lentil soup Brown rice Brussels sprouts Green salad | Potato-crusteD pollock Whole-grain pasta Green beans Marinated carrots Cucumber salad | Beef and turkey bell pepper casserole Whole wheat bread Broccoli |
| 9 | 10 | 11 | 12 | 13 |
| Lentil feta salad Whole wheat bread Spinach Baked potato | Fiesta chicken Corn tortilla Mixed veggies Cilantro coleslaw | Pork loin Corn chowder soup Whole wheat bread Cauliflower Peas and carrots | Potato-crusteD pollock Brown rice Mixed veggies Broccoli | Ginger pepper beef patty Whole wheat bread Sweet potatoes Green beans |
| 16 | 17 | 18 | 19 | 20 |
| Hawaiian chicken Whole-grain pasta Green beans Carrots | Citrus basil tilapia Brown rice Brussels sprouts Green salad | BBQ chicken California vegetable soup Whole wheat bread Sweet potatoes, Coleslaw | Turkey breast w/gravy Whole wheat bread Whipped potatoes Mixed veggies | Ranchero chicken Corn tortilla Corn Zucchini |
| 23 | 24 | 25 | 26 | 27 |
| BBQ turkey burger Whole wheat bread Mixed veggies Fresh salad | Beef and broccoli Brown rice Broccoli Coleslaw | Tilapia fish Broccoli cream soup Brown rice Corn Green beans | Lemon rosemary chicken Whole-grain pasta Brussels sprouts Peas and carrots | Beef and turkey meatloaf Whole wheat roll Whipped potatoes Mixed veggies |
| 30 | 31 MVSC IS CLOSED | | | |
| Brazilian coconut chicken Brown rice Brussels sprouts Carrots | Vegetarian pasta Whole-grain bread Cannellini beans Green salad | The MVSC is closed on Tuesday, March 31. The Senior Nutrition Program will open doors at 10:30 a.m. and close at 1 p.m. | | |

Menu subject to change. Suggested contributions for participants age 60+ is \$5 per meal.

All meals include milk and fruit. | Meals contain 750-900 mg of sodium unless marked as high sodium. |  = HIGH SODIUM (more than 1,000 mg of sodium) |  = VEGETARIAN

