










NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.</p> <p> = Meal contains more than 1000mg sodium</p>				<p>1</p> <p>Baked cod fish, wild rice, roasted brussels sprouts, spinach, fruit</p>
<p>4</p> <p>Chili Verde pork chop, Spanish rice, broccoli & carrots, fruit</p>	<p>5</p> <p>Cranberry chicken, bread stuffing, kale, fruit</p>	<p>6</p> <p>Baked breaded cod, brown rice, green beans, green salad, fruit</p>	<p>7</p> <p>Chicken & rice casserole w/ onions, celery & bread crumbs, mixed veggies, fruit</p>	<p>8</p> <p>Reservations for Thanksgiving Lunch will begin at 10 a.m. in the Social Hall.</p> <p></p> <p>Beef & broccoli, roll, mixed veggies, coleslaw, fruit</p>
<p>11</p> <p>Paprika chicken, mashed sweet potatoes, broccoli, fruit</p> <p>Senior Center is closed to all activities except Senior Nutrition Program. Doors open at 10:30 a.m. closing at 1 p.m.</p>	<p>12</p> <p>Beef enchilada casserole, Spanish rice, corn, fruit</p> 	<p> Vegetarian 13</p> <p>Baked ziti pasta w/ cheese, mixed veggies, green salad w/ egg, fruit</p>	<p>14</p> <p>Baked pork chop w/ mushroom gravy, mashed potatoes, peas & carrots, green salad, fruit</p>	<p>15</p> <p>"Reservation Only" No Drop in available</p> <p>Turkey, mashed potatoes, stuffing, mixed veggies, cranberry sauce, fruit, pumpkin pie</p> <p>HAPPY THANKSGIVING!!</p>
<p>18</p> <p>Baked breaded cod, couscous, mixed veggies, carrot raisin salad, fruit</p>	<p> Vegetarian 19</p> <p>Spinach lasagna w/ cheese, pasta & marinara sauce, mixed veggies, fruit</p>	<p>20</p> <p>Seasoned baked chicken, wild rice, roasted brussels sprouts, fruit</p>	<p>21</p> <p>Beef stroganoff, pasta, mixed veggies, fruit</p>	<p>22</p> <p>Pork chop w/ orange sauce, brown rice, spinach, coleslaw, fruit</p>
<p>25</p> <p>Chicken pot pie w/ mixed veggies, roll, fruit</p>	<p>26</p> <p>Meatloaf, mashed potatoes, corn w/ red bell peppers, fruit</p>	<p>27</p> <p>Baked breaded cod, wild rice, mixed veggies coleslaw, fruit</p>	<p>28</p> 	<p>29</p> 
<p>Happy Thanksgiving</p>				

Menu subject to change

Mountain View Senior Center

Milk served with each meal

266 Escuela Ave

Senior Nutrition Phone (650) 964-6586