



Menlo Park Senior Center Lunch Menu*

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Shrimp Burrito Spanish Rice Fiesta Salad Tres Leches Cake	Oven Roasted Chicken Quarter Mixed Vegetable Baked Yams Mixed Fruit Salad	
4	5	6	7	8	9	10
	Beef Meatloaf Steamed Greens Mashed Potato Mixed Green salad Fresh Fruit	Orange Chicken Pineapple Fried Rice Steamed Vegetables Fresh Fruit	Turkey BLT Sandwich Pasta Salad Chef Choice Dessert	Grocery Distribution (No Hot Lunch Today)	Poached Catch of the Day Roasted Vegetables Mixed Citrus Salad Fresh Fruit	
11	12	13	14	15	16	17
	Tuna Salad Served on Top of Mixed Greens Garlic Bread Chef Choice Dessert	Seafood Pesto Creamy Pasta Garlic Bread Chef Choice Dessert	Beef Pot Roast Mashed Potato Seasonal Green Salad Chef Choice Dessert	Chicken Avocado Cobb Salad Garlic Bread Chef Choice Dessert	Luuu Theme Kalua Pork Macaroni Salad Mango Slaw Sweet Yams	
18	19	20	21	22	23	24
	Beef Patty Melted Sandwich Cole Slaw Fruit Salad	Teriyaki Pork Tenderloin Salad Garlic Bread Chef Choice Dessert	Oven Baked 3 Cheese Veggie Lasagna Side Salad Garlic Bread Fresh Fruit	Grocery Distribution (No Hot Lunch Today)	Herb Crusted Tilapia Steamed Vegetable Brown Rice Citrus Slaw Fresh Fruit	
25	26	27	28	29	30	31
	Chicken Fajita Refried Beans Pico De Gallo Sour Cream Churro Bites	Smothered Pork Chops Brown Rice Sautee Vegetables Mixed Salad Fresh Fruit	Teriyaki Beef Steak Salad Dinner Roll Fresh Fruit	Alaskan Cod Roasted Vegetable Caramelized Butternut Squash Cupcake	Spaghetti with Meat and Veggie Marinara Sauce Garlic Bread Side Salad Fresh Fruit	

*Menu items are subject to change.

All meals are first-come, first-served. Thank you!
Questions? Contact us: (650) 330-2280