



Menlo Park Senior Center Lunch Menu*

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED
6	7	8	9	10
♥ Baked Fresh Catch of the Day Steamed Vegetables Steamed Parsley Potato Chefs Choice Dessert	Oven Baked Pasta with Beef and Vegetable Tomato Sauce Garlic Bread Ice Cream Sunday	BBQ Chicken Burger Cole Slaw Fresh Fruit	GROCERY BOX DAY PICK UP A BOX OF FREE GROCERIES NO LUNCH SERVICE	♥ Baja Fish Taco Fresh Pico De Gallo Spanish Rice Chef's Choice
13	14	15	16	17
Teriyaki Chicken Breast Roasted Vegetables Baked Sweet Potato	♥Tuna Salad On Top of Seasonal Mixed Salad Dinner Roll Chef Choice Dessert	♥ Ham and Cheese Frittata Potato Salad Mixed Vegetables Chef's Choice Dessert	MLK Luncheon Fried Chicken Collard Greens Corn Bread Mac and Cheese Pecan Pie	♥ Oriental Salad with Sesame Pork Tenderloin Dinner Roll Mini Cream Puffs
20	21	22	23	24
MLK HOLIDAY SENIOR CENTER CLOSED	♥ Grilled Shrimp and Pumpkin Seed Cranberry Salad with Raspberry Vinaigrette Chef's Choice Dessert	Spaghetti with Meat and Marinara Sauce Garlic Bread Caesar Salad Fresh Fruit	GROCERY BOX DAY PICK UP A BOX OF FREE GROCERIES NO LUNCH SERVICE	Oven Roasted Chicken Quarters ♥ Brown Rice Sautee Vegetables Chef's Choice
27	28	29	30	31
Beef Quesadilla Fiesta Bean Fresh Pico De Gallo Sour Cream Fresh Fruit	Chicken and Waffle Cucumber Tomato Salad Chef's Choice Dessert	Asian BBQ Pork Ribs Sautee Vegetables Fried Rice Oriental Salad Fresh Fruit	Old Fashion Meatloaf Mashed Potato Steamed Greens Fresh Fruit	Seafood Pasta Dinner Roll Chef's Choice Dessert

* Menu items are subject to change

♥ = Healthy choice

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