




Menlo Park Senior Center Lunch Menu*

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Fish Soft Tacos Served with Pico De Gallo Fresh Pinto Beans Churro Bites	
3	4	5	6	7	8	9
	Oven Roasted Chicken Sautee Vegetables Mashed Sweet Potato Mixed Slaw Fresh Fruit	Mango Salsa Tilapia Quinoa Salad with Roasted Pumpkin Chef's Choice Dessert	Chicken Pomegranate Salad with Caramelized Walnuts Dinner Roll Chef's Choice	Beef Quesadilla Fiesta Salad Spanish Rice Fresh Fruit	Pesto Chicken Sandwich Pasta Salad Fresh Fruit	
10	11	12	13	14	15	16
		Grilled Salmon with Hollandaise Sauce Steamed Vegetables Steamed Brown Rice Apple Clobber	Cheeseburger Potato Wedges Tomato Cucumber Salad Chef's Choice	Free Grocery Distribution Day No Senior services today. Dining Hall will be closed	Seafood Pasta With Creamy Alfredo Sauce Dinner Roll Side Salad Fresh Fruit	
17	18	19	20	21	22	23
	Chicken Fajitas Served with Pico De Gallo & Sour Cream Spanish Rice Chef's Choice	Turkey BLT Sandwich Roasted Vegetables Fresh Fruit	Pork Carnitas Spanish Rice Sautee Vegetables Chef's Choice Dessert	Old Fashion Meatloaf Mashed Potato Steamed Greens Chef's Choice	Chicken Penne Pasta with Marinara Sauce Dinner Roll Fresh Fruit	
24	25	26	27	28	29	30
	Grilled Shrimp Salad Onion Bread Chef's Choice	Oven Roasted Turkey with stuffing Honey Baked Ham Mashed Potato Steamed Greens Pumpkin Pie	Thanksgiving Holiday No Senior services today. Dining Hall will be closed	Thanksgiving Holiday No Senior services today. Dining Hall will be closed	Thanksgiving Holiday No Senior services today. Dining Hall will be closed	

*Menus are subject to change

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