



# Menlo Park Senior Center Lunch Menu

## June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Caribbean Grilled Shrimp Mixed Vegetables Garlic Rice, side salad	4 Roasted Beef Mashed Potato and Steamed Greens, Side Salad	5 Grilled Salmon Steamed Brown Rice Roasted Vegetable, side salad	6 Herb Roasted Chicken Mixed Vegetables Roasted Potato, Side Salad	7 Spaghetti with Meat Sauce Garlic Bread, Side Salad	8
9	10 Herb Roasted Chicken Roasted Vegetables Baked BBQ Beans, Side Salad	11 Mango Salsa Tilapia Steamed Vegetables Steamed Rice, Side Salad	12 Teriyaki Beef Butter Corn Roasted Potato, Side Salad	13 Brown Bag food distribution  No Lunch Served	14 Oven Baked Creamy Seafood Pasta Dinner Roll, Side Salad	15
16	17 BBQ Brisket Baked Beans Corn on Cob, Side Salad	18 Grilled Chicken Cobb Salad with Dinner Roll	19 Old Fashion Meatloaf Mashed Potato Steamed Green, Side Salad	20 BBQ Pork Ribs Baked Beans Cole Slaw, Side Salad	21 Herb Baked Tilapia Garlic Rice Sautee Vegetable, Side Salad	22
23	24 Shrimp Baked Pasta Garlic Bread Side Salad, Side Salad	25 Oven Roasted Turkey Steamed Vegetables Baked Potato, Side Salad	26 Teriyaki Salmon Salad Dinner Roll, Side Salad	27 Brown Bag food distribution  No Lunch Served	28 Beef Tostada Bowl Spanish Rice Fiesta Salad	29
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