



Menlo Park Senior Center Lunch Menu

April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | 1 | 2 | 3 | 4 |
| | BBQ Chicken Breast Toasted Almond Green Beans Roasted Purple Potato Chef's Choice Dessert | 🌿 Veggie Baked Tofu Pasta in Alfredo Cheese Sauce Garlic Bread Cinnamon Sugar Churros | Shrimp Burrito Fresh Pico de Gallo Guacamole Refried Beans Chef's Choice Dessert | 🌿 Cheese Ravioli Garlic Bread Seasonal Side Salad Chef's Choice Dessert |
| 7 | 8 | 9 | 10 | 11 |
| Hamburger Burger Baked French Fries Cole Slaw Watermelon Wedge | ♥ Grilled Chicken Salad with Guacamole and Mango Dinner Roll Chef's Choice Dessert | 🌿 Combination Pizza Side Salad Fresh Fruit | Grocery Box Day Pick up a box of free groceries NO LUNCH SERVICE | 🌿 House Made Cheese and Bean Pupusa Fiesta Salad Pickled Veggies Sour Cream |
| 14 | 15 | 16 | 17 | 18 |
| ♥ Grilled Tuna Melted Sandwich Seasonal Green Salad Fresh Fruit | ♥ Chicken Caesar Salad Garlic Bread Chef's Choice Dessert | Hearty Beef Stew with Assorted Vegetables and Potato Chef's Choice Dessert | BBQ Chicken Sandwich Garlic Fries Fiesta Salad Fresh Fruit | Seafood Paella Seasonal Green Salad Chef's Choice Dessert |
| 21 | 22 | 23 | 24 | 25 |
| Honey Baked Ham Steamed Seasonal Greens Scalloped Potato Chef's Choice Dessert | ♥ Chimichurri Steak Salad Dinner Roll Chef's Choice Dessert | Spaghetti with Meat Sauce Dinner Roll Fresh Fruit | Grocery Box Day Pick up a box of free groceries NO LUNCH SERVICE | Oven Roasted Chicken Roasted Vegetables Roasted Banana Squash Chef's Choice Dessert |
| 28 | 29 | 30 | | |
| Teriyaki Pork Tenderloin Sautee Mixed Vegetable Garlic Rice Fresh Fruit Cut | ♥ Vegetable Soup Shepard's Pie Seasonal Side Salad Chef's Choice Dessert | ♥ Oven Roasted Salmon Filet Steamed Greens Steamed Brown Rice Chef's Choice Dessert | | |

* Meals are first-come first-served. * Vegetarian/ special diet available on request. 🌿 = Vegetarian entree ♥ = Healthy choice 📞 Contact us: (650) 330-2280