




Menlo Park Senior Center Lunch Menu*

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
DECEMBER 2	3	4	5	6
Oven Roasted Chicken Quarters ♥ Sautee Mixed Vegetables Steamed Brown Rice Chef's Choice Dessert	Hamburger French Fries Mixed Slaw Fresh Fruit	Chicken Enchilada Fiesta Salad Spanish Rice Churros	BBQ Pork Ribs BBQ Baked Beans Butter Corn Cole Slaw Fresh Fruit	Oven Baked Cod Steamed Vegetables Dinner Roll ♥ Quinoa Salad Chef's Choice Dessert
9	10	11	12	13
Teriyaki Beef Salad Dinner Roll Fresh Fruit	Spaghetti with Meat Sauce Garlic Bread Chef's Choice Dessert	Chicken Marsala Sautee Mixed Vegetables Steamed Buttered Corn Chef's Choice Dessert	GROCERY BOX DAY PICK UP A BOX OF FREE GROCERIES NO LUNCH SERVICE	♥ Baked Tortilla Crusted Tilapia Steamed Vegetables Steamed Parsley Potato Chef's Choice Dessert
16	17	18	19	20
Oven Roasted Turkey Cream of Spinach Canned Yams Crème Brulee Chef's Choice Dessert	Beef Tacos Refried Beans ♥ Chicken Tortilla Soup Fiesta Salad Churros	Chimichurri Chicken ♥ Salad with Roasted Walnuts and Cranberry Fresh Fruit	Beef Chili Bowl Side Salad Corn Bread Fresh Fruit Cup	Smothered Pork Chops Steamed Rice Sautee Vegetable Fresh Fruit
23	24	25	26	27
WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED
30	31	JANUARY 1	2	3
WINTER BREAK SENIOR CENTER CLOSED	WINTER BREAK SENIOR CENTER CLOSED			

* Menu items are subject to change ♥ = Healthy choice * All meals are first-come, first-served. Questions? Contact us: (650) 330-2280