



# Menlo Park Senior Center Lunch Menu\*

## October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Seafood Baked Pasta Alfredo Seasonal Green Salad Chef's Choice Dessert	<b>Oktoberfest theme!</b> Sausage Hot Dog German Potato Salad Steamed Greens Chef's Choice Desserts	Chicken and Bacon Cobb Salad Dinner Roll Mixed Fruits	Combination Pizza Side Salad Fresh Fruit	
6	7	8	9	10	11	12
	Spaghetti with Meat and Vegetables Sauce, Garlic Bread Caesar Salad Watermelon Wedge	Orange Chicken Sauté Vegetables Steamed Brown Rice Fresh Fruit	Pork Adobo Steamed Rice Steamed vegetables Chef's Choice Desserts	<b>GROCERY BOX DAY</b>  <b>PICK UP A BOX OF FREE GROCERIES!</b>  <b>NO LUNCH SERVICE</b>	Island Fish Taco Fiesta Salad Spanish Rice Chef's Choice Dessert	
13	14	15	16	17	18	19
	Chicken Caesar Salad Garlic Bread Chef's Choice	Beef Stew with Vegetables Steamed Rice Side Salad Fresh Fruit	Garlic Shrimp Sautee with Vegetables Steamed Rice Chefs Choice Dessert	Chicken Enchilada Fiesta Salad Chef's Choice Dessert	Assorted Pizza Side Salad Seasonal Green Salad Chef's Choice Dessert	
20	21	22	23	24	25	26
	Chimichurri Pork Tenderloin Mashed Potato Steamed Greens Fresh Fruit	Tuna Salad on top of Seasonal Greens Onion Bread Chef's Choice Dessert	Italian Sausage Baked Pasta Dinner Roll Chef's Choice Dessert	<b>GROCERY BOX DAY</b>  <b>PICK UP A BOX OF FREE GROCERIES!</b>  <b>NO LUNCH SERVICE</b>	Herb Roasted Beef Tri Tip Roasted Potato Wedges Mixed Slaw Chef's Choice Dessert	
27	28	29	30	31		
	<b>DIA DE LOS MUERTOS CELEBRATION</b>  <b>Advance registration required</b>	BBQ Pork Ribs BBQ Baked Beans Pasta Salad Seasonal Fresh Fruit	Chicken Oriental Salad Dinner Roll Pumpkin Pie	Swedish Meatball Pasta Fettuccine Mixed Green Salad Pumpkin Spice Bars		

\*Menus are subject to change

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