




Menlo Park Senior Center Lunch Menu*

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Island Poached Salmon, Steamed Vegetables, Fiesta Salad	Teriyaki Pork Tenderloin, Brown Rice, Grilled Vegetable, Fresh Fruit	Cheeseburgers BBQ Baked Beans, Butter Kernel Corn and Cole Slaw	CLOSED July 4th Holiday 	Margareta Pizza Seasonal Green Salad Fresh Fruit	
7	8	9	10	11	12	13
	Tuna Salad On top of Mixed Greens Dinner Roll, Fresh Fruit	Oven Baked Pesto Veggie Pasta, Garlic Bread, Side Salad	Fiesta Shrimp Taco Bowl Served with Pico De Gallo and Spanish Rice	Grocery Distribution Day (No Hot Lunch Today)	Beef Pot Roast, Glazed Carrots, Potato, Side Salad	
14	15	16	17	18	19	20
	Roasted Butternut Squash Salad with Grilled Shrimp, Fresh Fruit	Turkey and Cream Cheese Tortilla Wrapped, Fresh Fruit and Side Salad	Herb Roasted Chicken Sautee Vegetables, Quinoa, Side Salad	Ginger Herb Roasted Salmon, Roasted Vegetables, Garlic Brown Rice, Side Salad	Pepperoni and Cheese Pizza, Seasonal Side Salad, Fresh Fruit	
21	22	23	24	25	26	27
	Baja Fish Soft Taco Fiesta Salad, Fresh Fruit	BBQ Pork Ribs, Steamed Vegetables, Potato Salad, Cabbage Slaw	Chicken Piccata, Steamed Vegetables, Mashed Potato, Side Salad	Grocery Distribution Day (No Hot Lunch Today)	Beef Spaghetti with Marinara Sauce, Garlic Bread, Side Salad	
28	29	30	31			
	Sweet and Sour Pork Lime and Cilantro Rice, Oriental Salad	Chicken Kabob, Garlic Nan, Side Salad, Fresh Fruit	Oriental Sesame Salmon Salad, Garlic Bread, Fresh Fruit			

*Menu items are subject to change.

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