

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**Café Menlo**  
**July 2010 Lunch Menu**  
 330-2282

**Farmers' Market Wednesdays!**

Meals are subsidized through City of Menlo Park, Area Agency on Aging, and donations from patrons.  
 Senior donations \$2.50/non-seniors \$6



**4th on the 1st!**  
 1 BBQ Chicken Leg  
 Biscuit coleslaw  
 corn on cob  
 Potato Salad  
 Watermelon  
 Cranberry Juice

2 Meat Sauce with  
 Whole Wheat Penne  
 Cut Green Beans  
 Garlic Bread  
 Orange Juice

5 **CLOSED IN OBSERVANCE OF**  
  
**4TH OF JULY**

6\* Tuna Sandwich on Whole wheat  
 Garden salad with ranch  
 Cup of Delicious Soup  
 Fruit cup  
 Punch

7 Sweet & Sour Chicken  
 w/Sauteed Green Peppers  
 Brown Rice  
 Asian Vegetables  
 Apple  
 Whole Wheat Bread  
**Music in the garden @ 12:45**

8 Baked Fish w/ Salsa  
 Glazed Sweet Potatoes  
 Steamed Spinach  
 Rice Pudding  
 Whole Wheat Bread

9 Green Salad w/Garbanzo  
 Pasta Primavera  
 Zucchini  
 Garlic Bread  
 Orange  
**Singing group at 12:30**

12 Beef Stroganoff  
 over Egg Noodles  
 Broccoli & Cauliflower  
 Biscuit  
 Mandarin Oranges

13 Green Salad  
 Vegetable Lasagna  
 Broccoli  
 Garlic Bread  
 Oatmeal Raisin Cookie  
**FREE Health Screening**

14\* Chicken Salad Sandwich  
 Garden Salad  
 Cup of Delicious Soup  
 Jello with fruit  
 Iced Tea  
**Music in the garden @ 12:45**

15 Bean Salad  
 Chicken Pot Pie  
 Steamed Spinach  
 Glazed Carrots  
 Orange  
 Whole Wheat Bread

16 Carrot, Pineapple, &  
 Raisin Salad  
 Turkey Stuffed Pepper  
 Whipped Potatoes  
 Green Peas & Pearl Onions  
 Whole Wheat Roll  
 Banana

19 Lettuce/Tomato  
 Hamburger on a Bun  
 Baked Beans  
 Green Beans  
 Orange Juice

20\* Tuna Sandwich on whole wheat  
 Cup of Delicious Soup  
 Green Salad  
 Cake

21 Salad w/Orange sections  
 Beef Lasagna  
 Mixed Vegetables  
 Garlic Bread  
 Diced Peaches  
**Music in the garden @ 12:45**

**Red, White & Blue Picnic**  
 With Entertainment!

23 Honey Mustard Chicken  
 Potatoes O'Brien  
 Peas, Carrots &  
 Red Peppers  
 Orange  
 Whole Wheat Bread  
**Singing group at 12:30**

26 Pot Roast w/Gravy  
 Roasted Potatoes  
 Broccoli & Cauliflower  
 Pineapple Chunks  
 Whole Wheat Bread

27 Mixed Greens  
 Chicken Enchilada Casserole  
 Salsa  
 Spanish Rice  
 Carrots & Peppers  
**Birthday cake!**

28 Asian Cabbage Salad  
 Sesame Pepper Pork  
 Steamed Rice  
 Green Beans & Red Pepper  
 Whole Wheat Bread  
 Banana  
**Music in the garden @ 12:45**

29 Spaghetti & Meatballs  
 Green Beans  
 Garlic Bread  
 Mandarin Oranges &  
 Pineapple Chunks  
**FREE Health Screening**

30\* Baked Chicken  
 Wild Rice  
 Garden Salad  
 Jello  
 Iced Tea