

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All meals are subsidized by Area Agency on Aging and City of Menlo Park

Lunch is served 12-1

Senior Donations: \$2.50

Non-Senior Guests: \$5

Café Menlo



(650) 330-2282

110 Terminal Ave, MP

Menlo Park Senior Center

March is Women's History Month...come celebrate with us.

<p>1 Cottage Cheese w/Fruit Hot Roast Beef Sandwich</p> <p>Steamed Green Beans w/ Red Peppers Carrots Apple Whole Wheat Bread</p>	<p>2 Potato Salad BBQ Chicken (leg)</p> <p>Baked Beans Corn Bread Cranberry Juice</p>	<p>3 Mixed Green Salad Pasta Primavera</p> <p>Zucchini Garlic Bread Orange</p> <p>Farmers' Market</p>	<p>5 Sweet & Sour Chicken w/ Sauteed Green Peppers</p> <p>Steamed Rice Black Eyed Peas Pear Whole wheat bread</p>	<p>4 Baked Fish w/ Salsa Glazed Sweet Potatoes</p> <p>Steamed Spinach Rice Pudding Whole Wheat Bread</p>
<p>8 Meat Sauce with Whole Wheat Penne</p> <p>Steamed Spinach Garlic Bread Orange Juice</p>	<p>9 Coleslaw Shredded BBQ Pork</p> <p>Green Beans Corn Bread Apple</p>	<p>10 3 Bean Salad Chicken Pot Pie</p> <p>Steamed Spinach Glazed Carrots Orange Whole Wheat Roll</p> <p>Farmers' Market</p>	<p>11 Carrot/Pineapple/Raisin Salad Turkey Stuffed Pepper</p> <p>Whipped Potatoes Green Peas & Pearl Onion Whole Wheat Roll Banana</p>	<p>12 Senior Forum</p> <p>An All Day Retreat for Seniors includes Breakfast AND Sit-down Lunch (cornish hen, rice, salad, ...) Guest speakers & more! \$7 Donation</p>
<p>15 Beef Stroganoff over Egg Noodles</p> <p>Broccoli & Cauliflower Biscuit Mandarin Oranges</p>	<p>16 Macaroni Salad Herb Roasted Chicken Breast</p> <p>Peas & Corn Braised Red Cabbage Apple Whole Wheat Bread</p>	<p>17 Happy St. Patrick's Day</p> <p>Corn Beef</p> <p>Cabbage and Carrots Steamed Red Potatoes Whole Wheat Roll Cranberry Juice & more!</p> <p>Come find out if you are lucky!</p>	<p><i>In Honor of Women Luncheon</i></p> <p>Spring Salad with Shrimp, Salmon, and more!</p> <p>Dinner Roll Strawberry Shortcake and more!</p>	<p>19 Baked Fish w/tomato sauce</p> <p>Potatoes Obrien Peas, Carrots and Red Peppers Orange Whole Wheat Bread</p>
<p>22 Mixed Fruit Salad Beef & Broccoli Stir Fry</p> <p>Brown Rice Bok Choy Cranberry Juice</p>	<p>23 JulienneBeets over Greens Shepherd's Pie w/Turkey</p> <p>Steamed Broccoli Carrots & Red Peppers Tapioca Pudding</p>	<p>24 Turkey Loaf w/ Mushroom Gravy</p> <p>Sweet Potatoes Brussels Sprouts Ambrosia Fruit Cup WW Roll</p> <p>Farmers' Market</p>	<p>Lettuce/Tomato Hamburger</p> <p>Baked Beans Oven Fried Potatoes Orange Juice</p> <p>Brown Bag Registration</p>	<p>26 Baked Macaroni & Cheese W/ Turkey Ham side</p> <p>Stewed Tomatoes Green Beans & Red Pepper Whole Wheat Bread apple</p>
<p>29 Julienne Beets over Greens</p> <p>Turkey Bacon/Ch. Frittata</p> <p>Steamed Spinach Biscuit Chocolate Chip Cookie</p>	<p>30 Pot Roast w/Gravy</p> <p>Roasted Potatoes Broccoli Cauliflower Birthday Cake!</p> <p>Birthday Lunch!</p>	<p>31 Vegetable Lasagna</p> <p>Broccoli Garlic Bread Oatmeal Raisin Cookie</p> <p>Farmers' Market</p>	<p>One Day Only! Brown Bag Registration March 25th 9 am - 11:30 am DON'T MISS IT!!!!</p>	

