

MOUNTAIN VIEW SENIOR CENTER

LUNCH MENU

OCTOBER 19TH - OCTOBER 23RD

DISTRIBUTION: 11:30 A.M. - 12:15 P.M.
OR UNTIL SUPPLIES LAST

\$3 SUGGESTED DONATION FOR 60+



MONDAY

BAKED COD
WILD RICE
MIXED VEGGIES
FRUIT

TUESDAY

GROUND BEEF MEDLEY
WHOLE GRAIN ROLL
MIXED VEGGIES
FRUIT

WEDNESDAY

TERIYAKI CHICKEN
BROWN RICE
MIXED VEGGIES
FRUIT

THURSDAY

SEASONED PORK CHOP
MASHED SWEET POTATOES
MIXED VEGGIES

FRIDAY

VEGETARIAN- PASTA WITH TOMATO, ONIONS, & ZUCCHINI
HARDBOILED EGG
MIXED VEGGIES
FRUIT
OATMEAL COOKIE