



April 2026

Mountain View Senior Center

Lunch Served: Mon-Fri, 11:45 am – 12:15 pm

266 Escuela Avenue, Mountain View, CA 94040 (650) 964-6586

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked breaded cod garlic bread mixed veggies brussels sprouts oatmeal cookie	2 Chicken and rice casserole brown rice in entrée mixed veggies with carrots	3 Crab cakes whole-grain roll mixed veggies coleslaw
6 Paprika chicken w/mushrooms whole-grain roll mashed sweet potatoes broccoli	7 Beef enchilada Spanish brown rice corn w/bell peppers	8 Chile relleno casserole whole-grain roll mixed veggies	9 Baked pork chop whole-grain bread peas and carrots mashed potatoes	10 Garlic chicken wild rice Japanese vegetables green salad w/red bell peppers
13 Baked cod whole-grain couscous mixed veggies carrot raisin salad	14 Spinach lasagna whole-grain pasta in entrée mixed veggies	15 Seasoned baked chicken wild rice roasted brussels sprouts	16 Beef Stroganoff whole-grain pasta mixed veggies w/carrots	17 Pork chop in orange sauce brown rice spinach, coleslaw
20 Chicken pot pie whole-grain bread mixed veggies w/ carrots in entrée	21 Meatloaf whole-grain bread corn w/bell peppers mashed potatoes	22 Baked breaded fish wild rice mixed veggies apple celery slaw	23 Baked sesame chicken whole-grain roll roasted zucchini bell peppers carrots and onions	24 Vegetarian pizza green beans w/ cauliflower carrots oatmeal cookie
27 Vegetarian pasta w/tomato zucchini onions roasted brussels sprouts	28 Baked cod fillet whole-grain couscous w/bell peppers and mushrooms cauliflower w/carrots coleslaw	29 Teriyaki Chicken brown rice Japanese vegetables Golden Mandarin beet salad	30 Seasoned pork chop whole-grain bread green beans w/tomatoes mashed sweet potatoes	

All meals include milk and fruit. | Meals contain 750-900 mg of sodium unless marked as high sodium. |  = **HIGH SODIUM** (more than 1,000 mg of sodium) |  = **VEGETARIAN**

Menu subject to change. Suggested contributions for participants age 60+ is \$5 per meal.



