




May 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 Chicken noodle soup Whole-grain noodles Celery, kale, zucchini, carrots in entree Broccoli raisin salad
4 Chili Verde pork chop Spanish brown rice Broccoli and carrots	5 Cranberry chicken Whole-grain stuffing w/celery and onions Kale	6 Baked cod fish Garlic bread Mixed veggies, Brussels sprouts Oatmeal cookie	7 Chicken and rice casserole Brown rice in entree Mixed vegetables w/carrots	8 Krab cake Whole-grain roll Mixed vegetables Coleslaw
11 Paprika chicken w/mushrooms Mashed sweet potatoes Broccoli	12 Turkey tetrazzini Whole-grain garlic bread Green peas California vegetables	13 Chile relleno casserole Whole-grain dinner roll California vegetables	14 Baked pork chop w/mushroom gravy Whole-grain bread Peas and carrots Mashed potatoes	15 Garlic chicken Wild rice Japanese vegetables Green salad w/tomatoes and red bell pepper.
18 Baked cod Whole-grain couscous Japanese vegetables Carrot raisin salad	19 Spinach lasagna w/ cheese Whole-grain pasta in entree California vegetables	20 Seasoned baked chicken Wild rice Roasted brussels sprouts w/ red bell peppers	21 Beef stroganoff Whole-grain pasta Mixed vegetables w/ carrots	22 Pork chop in orange sauce Brown rice Spinach Coleslaw
25 	26 Meatloaf whole-grain bread Corn w/red bell pepper Mashed potatoes	27 Baked breaded fish Wild rice Japanese vegetables Apple celery slaw	28 Baked sesame chicken Whole-grain roll Roasted zucchini bell peppers onions and carrots	29 Vegetarian pizza Green beans w/cauliflower Carrots Oatmeal cookie

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 eligible participants age 60+ is \$5 per meal.

