

City of San José Senior Nutrition Program | June 2026


Berryessa Community Center | 3050 Berryessa Rd | (408) 251-6392

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
1 Beef & Turkey Sloppy Joe Sandwich Whole Wheat Hamburger Bun Potato Wedges 4-Way Vegetable Blend Cantaloupe Low Fat Milk	2 Spiced Cauliflower Cream Soup w/ Parsely Garnish Chinese Chicken Salad Whole Wheat Roll Mixed Salad Greens (in entrée) Mandarin Oranges Low Fat Milk Margarine	3 Chile Lime Tilapia Cilantro Brown Rice California Vegetable Blend Fresh Tossed Salad Fresh Orange Low Fat Milk Salad Dressing	4 Soy Ginger Pork Loin Whole Grain Garlic Noodles Cauliflower Carrot Raisin Salad Fresh Apple Low Fat Milk	5 Potato-Crusted Pollock Taco Cilantro, Tomato & Onion WG Corn Tortilla Pinto Beans Cilantro, Carrot Coleslaw Tropical Fruit Low Fat Milk	WEEKLY ALTERNATES Vegetarian Hummus and Feta Pita Wrap OR Tuna Salad Sandwich OR Black Bean Patty
8 Pork w/ Chinese Black Bean Sauce Brown Rice Garden Vegetable Blend Edamame Mandarin Oranges Low Fat Milk	9 Cream of Broccoli Soup Salsa Verde Tilapia Fish Whole Wheat Tortilla Pinto Beans Zucchini & Corn Fresh Orange Low Fat Milk	10  Beef Meatballs w/ Gravy Whole Wheat Roll Red Diced Potatoes Peas & Carrots Tropical Fruit Low Fat Milk Margarine	11 Tilapia Fish Sandwich Lettuce, Tomato & Onion Whole Wheat Hamburger Bun Roasted Sweet Potatoes Dill Coleslaw Fresh Fruit in Season Low Fat Milk Tartar Sauce	12 Cuban Citrus Mojo Chicken Brown Rice Brussels Sprouts 4-Way Vegetable Blend Fresh Banana Low Fat Milk	WEEKLY ALTERNATES Garden Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty
15 Hawaiian Beef Meatballs Whole Wheat Roll Green Beans Japanese Mixed Vegetables Fresh Orange Low Fat Milk Margarine	16 Turkey Taco Salad Whole Wheat Roll Lettuce Mix (in entrée) Tropical Fruit Low Fat Milk Margarine	17 Potato-Crusted Pollock w/ Romesco Sauce Spanish Brown Rice Cauliflower Tossed Salad w/ Carrots Fresh Seasonal Fruit Low Fat Milk Salad Dressing	18 <i>Father's Day</i> Cheeseburger Whole Wheat Hamburger Bun Corn on the Cob Carrot Coleslaw Fresh Orange Low Fat Milk Brownie	19 Holiday	WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR Dill Chicken Salad Sandwich OR Black Bean Patty
22  Baja Chicken Salad Whole Wheat Roll Lettuce Mix (in entrée) Fresh Orange Low Fat Milk Margarine	23  Summer Vegetable Soup Pollock Fish Vera Cruz WG Corn Tortilla Mexican Diced Potatoes Pineapple and Carrot Coleslaw Fresh Fruit in Season Low Fat Milk	24 Korean Beef & Turkey Bibimbap Rice Bowl Brown Rice Sliced Carrots Sesame Green Beans Fresh Orange Low Fat Milk	25 Pork w/ Chimichurri Sauce Brown Rice Pilaf Whipped Potatoes Brussels Sprouts Mandarin Oranges Low Fat Milk	26 Beef Stroganoff w/ Egg Noodles Whole Wheat Bread 4-Way Vegetable Blend Broccoli Salad Fresh Fruit in Season Low Fat Milk Margarine	WEEKLY ALTERNATES  Curried Turkey Salad OR Egg Salad Sandwich OR Black Bean Patty
29 Lemon Herb Tilapia Whole Wheat Bread Diced Carrots Brussels Sprouts Fresh Fruit in Season Low Fat Milk Margarine	30 Cabbage Soup Pork Char Siu Whole Grain Spaghetti Green Beans Coleslaw Fresh Fruit in Season Low Fat Milk	     <p>Building Community Through Fun SOURCEWISE COMMUNITY RESOURCE SOLUTIONS</p>			WEEKLY ALTERNATES Chickpea Spinach Salad OR Black Bean Patty

Menu subject to change based on availability.

For an alternate entree, please order in advance. Suggested contributions for eligible participants age 60+ is \$5 per meal. Guest fee is \$15 per meal.

Reservations may be required. Contact the site managers for availability.

Each meal has ~750 to 900 mg sodium.
 HIGH SALT (more than 1000 mg sodium)

 VEGETARIAN