



# City of San Jose Senior Nutrition Program | March 2026

Mayfair Community Center | 2039 Kammerer Ave | (408) 794-1060

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
<b>Spaghetti and Meatballs w/ Mozzarella</b> Whole Grain Spaghetti Green Peas Parslied Carrots Mandarin Oranges Low Fat Milk	<b>Jamaican Jerk Chicken</b> Brown Rice Roasted Cauliflower 4-Way Mixed Vegetables Fresh Seasonal Fruit Low Fat Milk	<b>Citrus Basil Tilapia</b> Orzo Pasta Whole Grain Garlic Breadstick Brussels Sprouts Spinach Salad Fresh Seasonal Fruit Low Fat Milk Salad Dressing	<b>Chimichurri Chicken</b> Corn Chowder Corn Tortilla Black Beans Roasted Zucchini Tropical Fruit Low Fat Milk	<b>Beef and Cheese Burrito</b> Whole Wheat Tortilla Corn/Bell Peppers Cilantro Coleslaw Fresh Seasonal Fruit Low Fat Milk Salsa	<b>WEEKLY ALTERNATES</b> Chickpea Spinach Salad OR Chicken Caesar Wrap OR Black Bean Patty
<b>Ginger Pepper Beef</b> Whole Grain Roll Red Potatoes Spinach Fresh Orange Low Fat Milk Margarine	<b>Creamy Paprika Tilapia</b> Whole Grain Rotini Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk	<b>Beef &amp; Turkey Taco</b> Onion & Cilantro Mix Corn Tortilla Pinto Beans Zucchini and Peppers Fresh Apple Low Fat Milk	<b>Fiesta Chicken</b> Spanish Brown Rice Fiesta Vegetable Blend Green Beans Fresh Orange Low Fat Milk	<b>Green Chile &amp; Cheese Tamale</b> Tortilla Soup Black Beans Corn Tortilla California Vegetable Blend Tropical Fruit Low Fat Milk	<b>WEEKLY ALTERNATES</b> Cottage Cheese & Fruit Plate OR Asian Tuna Salad Sandwich OR Black Bean Patty
<b>Pork Pozole</b> Onion, Radish, Cilantro Lemon Wedge Hominy Pinto Beans Salad w/Carrots Fresh Orange Low Fat Milk Salad Dressing	<b>St. Patrick's Day Corned Beef w/Cabbage</b> Whole Wheat Bread Cabbage & Potatoes Glazed Carrots Fresh Orange Low Fat Milk Green Poke Cake	<b>Chicken w/Garlic Lime Salsa</b> Brown Rice Black Beans 4-way Vegetable Blend Tropical Fruit Low Fat Milk	<b>Beef Burrito</b> Whole Wheat Tortilla Fiesta Vegetable Blend Carrots Fresh Apple Low Fat Milk Salsa	<b>Tilapia w/Spinach Florentine Sauce</b> Garlic Parmesan Rice Green Peas w/Mushrooms Oven Roasted Tomatoes Mandarin Oranges Low Fat Milk	<b>WEEKLY ALTERNATES</b> Chicken Caesar Salad OR Caprese Wrap OR Black Bean Patty
<b>Turkey Burger</b> Whole Wheat Hamburger Bun Lettuce/Tomato/Onion Sweet Potatoes Tossed Salad Fresh Apple Low Fat Milk Ketchup and Mustard Salad Dressing	<b>California Vegetable Soup Beef &amp; Broccoli</b> Brown Rice Cabbage w/Carrots Fresh Seasonal Fruit Low Fat Milk	<b>Cuban Pork</b> Whole Wheat Tortilla Plantains Green Beans w/Tomatoes/Onions Mandarin Oranges Low Fat Milk	<b>Chicken Mole</b> Whole Wheat Tortilla Pinto Beans Roasted Zucchini Tropical Fruit Low Fat Milk	<b>Lentil Feta Salad</b> Whole Grain Roll Fresh Orange Low Fat Milk Salad Dressing	<b>WEEKLY ALTERNATES</b> Black Bean & Corn Salad OR Turkey and Cheese Sandwich OR Black Bean Patty
<b>Pork Egg Roll Bowl</b> Brown Rice 4-Way Mixed Vegetables Fresh Apple Low Fat Milk	<b>Closed for the City HOLIDAY</b>  <b>Cesar Chavez Day</b>				<b>WEEKLY ALTERNATES</b> Turkey Tzatziki Salad OR Egg Salad Sandwich 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



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