



City of San José Senior Nutrition Program | June 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
1 Beef Carne Guisada Spanish Brown Rice Pinto Beans Roasted Zucchini Tropical Fruit Low Fat Milk	2 Potato-Crusted Pollock Taco Cilantro, Tomato & Onion WG Corn Tortilla Green Beans Carrot Coleslaw Fresh Apple Low Fat Milk	3 Chile Lime Chicken Cilantro Brown Rice California Vegetable Blend Fresh Tossed Salad Fresh Orange Low Fat Milk Salad Dressing	4 Spiced Cauliflower Cream Soup w/ Parsley Garnish Pork Loin Whole Grain Garlic Noodles Brussels Sprouts Carrot Raisin Salad Fresh Fruit in Season Low Fat Milk	5 Chile Colorado Beef Spanish Rice WG Corn Tortilla Mexican Corn Salad Broccoli & Cauliflower Fresh Banana Low Fat Milk	WEEKLY ALTERNATES Vegetarian Hummus and Feta Pita Wrap OR Tuna Salad Sandwich OR Black Bean Patty
8 Vegetarian Refried Bean and Cheese Tostada WG Corn Tortilla Whole Kernel Corn California Vegetable Blend Tropical Fruit Low Fat Milk	9 Cream of Broccoli Soup Chicken Mole Mexican Brown Rice Roasted Zucchini Diced Carrots Mandarin Oranges Low Fat Milk	10 Turkey & Beef Picadillo with Black Beans Brown Rice Garden Mixed Vegetables Spinach Fresh Orange Low Fat Milk	11 Breaded Pollock Sandwich Lettuce, Tomato & Onion Whole Wheat Hamburger Bun Roasted Sweet Potatoes Dill Coleslaw Fresh Fruit in Season Low Fat Milk	12 Arroz con Pollo (Chicken) Spanish Rice (in entrée) WG Corn Tortilla Pinto Beans Calabacitas Fresh Orange Low Fat Milk	WEEKLY ALTERNATES Garden Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty
15 Sweet & Sour Pork Brown Rice Peas & Carrots Fresh Tossed Salad Fresh Orange Low Fat Milk Salad Dressing	16 Beef Carne Asada WG Corn Tortilla Pinto Beans Spinach Mandarin Oranges Low Fat Milk	17 <i>Father's Day</i> BBQ Chicken Breast Lettuce & Tomato Whole Wheat Roll Corn on the Cob Carrot Coleslaw Fresh Orange Low Fat Milk Salad Dressing Brownie	18 Red Pepper Bisque Chicken Fajita Whole Wheat Tortilla Black Bean & Corn Salad Cauliflower Fresh Fruit in Season Low Fat Milk	19 Holiday	WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR Dill Chicken Salad Sandwich OR Black Bean Patty
22 Korean Beef & Turkey Bibimbap Rice Bowl Brown Rice (in entrée) Sliced Ginger Carrots Sesame Green Beans Tropical Fruit Low Fat Milk	23 Summer Vegetable Soup Krab "Ceviche" Tostada Lime, Onion, Cilantro & Tomato Whole Grain Corn Tortilla (in entrée) Black Beans Broccoli Fresh Apple Low Fat Milk	24 Baked Tilapia w/ Mango Salsa Whole Grain Corn Tortilla Whole Kernel Corn Coleslaw Fresh Orange Low Fat Milk	25 Pork w/ Chimichurri Sauce Brown Rice Pilaf Roasted Sweet Potatoes Garden Mixed Vegetables Mandarin Oranges Low Fat Milk	26 Beef Stroganoff w/ Egg Noodles Whole Wheat Roll California Vegetable Blend Broccoli Salad Fresh Fruit in Season Low Fat Milk	WEEKLY ALTERNATES Curried Turkey Salad OR Egg Salad Sandwich OR Black Bean Patty
29 Breaded Pollock WG Corn Tortilla Green Beans Coleslaw Fresh Orange Low Fat Milk	30 Chicken Fried Rice w/ Edamame Brown Rice (in entrée) Green Peas Japanese Vegetable Blend Fresh Apple Low Fat Milk				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