



City of San Jose Senior Nutrition Program | April 2026

Willow Glen Community Center | 2175 Lincoln Ave | (408) 265-0915

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
		Pesto Tilapia Whole Wheat Roll Butternut Squash Tossed Salad Fresh Orange Low Fat Milk Salad Dressing Margarine	Spaghetti & Meatballs w/ Mozzarella Whole Grain Spaghetti Cauliflower Roasted Zucchini Fruit Cocktail Low Fat Milk	Potato-Crusted Pollock Sandwich Whole Wheat Hamburger Bun Green Peas Coleslaw Fresh Banana Low Fat Milk Tartar Sauce	WEEKLY ALTERNATES Turkey Tzatziki Salad OR Egg Salad Sandwich OR Black Bean Patty
Chicken Curry Lemon Wedge & Cilantro Basmati Rice Whole Wheat Pita Cauliflower Parslied Carrots Fresh Seasonal Fruit Low Fat Milk	Corn Chowder Smothered Turkey Meatballs Whole Grain Garlic Breadstick Red Diced Potatoes Green Beans Fresh Orange Low Fat Milk	Tilapia w/ Sesame Sauce Whole Wheat Roll Cabbage Japanese Vegetable Blend Diced Peaches & Pears Low Fat Milk Margarine	Green Chile & Cheese Tamale w/ Black Beans Corn Tortilla Tomato Wedges Salad w/ Bell Peppers Fresh Apple Low Fat Milk Salad Dressing	Jamaican Jerk Chicken Brown Rice Coleslaw 4-Way Vegetable Blend Fresh Seasonal Fruit Low Fat Milk	WEEKLY ALTERNATES Chickpea Spinach Salad OR Chicken Caesar Wrap OR Black Bean Patty
Lentil Feta Salad Whole Wheat Roll Mandarin Oranges Low Fat Milk Margarine	Spring Meal Pineapple Glazed Ham Whole Grain Roll Scalloped Potatoes Baby Carrots Fresh Orange Low Fat Milk Margarine Blueberry Pie	Beef Patty w/ Balsamic Onion Whole Wheat Bread Whipped Potatoes Zucchini w/ Red Peppers Fresh Apple Low Fat Milk Margarine	Fish w/ Creamy Paprika Sauce Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	Ginger Pepper Beef Whole Grain Roll Red Potatoes Spinach Tropical Fruit Low Fat Milk Margarine	WEEKLY ALTERNATES Cottage Cheese & Fruit Plate OR Asian Tuna Salad Sandwich OR Black Bean Patty
Hawaiian Chicken Brown Rice Cauliflower Peas & Carrots Fresh Seasonal Fruit Low Fat Milk	Split Pea Soup Potato-Crusted Pollock Lemon Wedge Whole Wheat Bread Green Beans w/ Red Peppers Carrots Fresh Apple Low Fat Milk Margarine	Pulled Pork w/BBQ Sauce Whole Wheat Roll Broccoli Ranch Slaw 4-Way Mixed Vegetables Fresh Orange Low Fat Milk Margarine	Sloppy Joe Whole Wheat Hamburger Bun Potato Wedges Tossed Salad w/Bell Peppers Fresh Banana Low Fat Milk Salad Dressing	Chicken w/ Spinach Florentine Sauce Garlic Parmesan Brown Rice Peas w/ Mushrooms Oven Roasted Tomatoes Mandarine Oranges Low Fat Milk	WEEKLY ALTERNATES Chicken Caesar Salad OR Caprese Wrap OR Black Bean Patty
Turkey Burger w/ Lettuce, Tomato, Onion Whole Wheat Hamburger Bun Sweet Potatoes Salad w/ Bell Peppers Fresh Apple Low Fat Milk Salad Dressing Ketchup & Mustard	Vegetable Soup Rosemary Chicken Whole Wheat Bread Cauliflower Green Peas Fresh Seasonal Fruit Low Fat Milk Margarine	Beef Broccoli Stir Fry Brown Rice Cabbage & Carrots Tropical Fruit Low Fat Milk	Citrus Basil Tilapia Orzo Pasta Whole Grain Garlic Breadstick Brussels Sprouts Tossed Salad Fresh Apple Low Fat Milk Salad Dressing	WEEKLY ALTERNATES Black Bean & Corn Salad OR Turkey and Cheese 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



Building Community Through Fun

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