

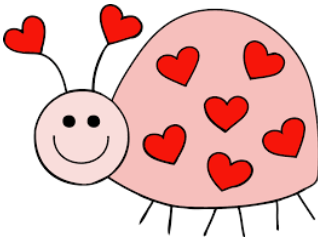








Monday  FEBRUARY	Tuesday	Wednesday	Thursday	Friday 
GILROY SENIOR CENTER 2024		<p style="text-align: center;">»Wklyp hqx lwzntfwr fkdqjh dwwkh glbfhwrg riVhqrUxwllrq</p> <p style="text-align: center;">“No eligible individual shall be denied participation because of failure or inability to contribute”</p>	1 Teriyaki Chicken LS Teriyaki Sauce Vegetable Chow Mein Steamed Broccoli Green Salad with Seasoned Vegetables Fresh Fruit / Milk	2 Meat Loaf & LS Gravy Whole Grain Roll Diced Carrots Mashed Potato Gelatin with Mandarin Oranges Milk
5 Baked Salmon Tartar Sauce on the side Seasoned Quinoa Roasted Asparagus Cook Choice LS Soup Tropical Fruit Milk	6 Grilled Italian Herb Chicken Breast Brown Rice Steamed Carrots Pineapple Coleslaw Fresh Fruit in Season Milk	7 Homemade Turkey Chili / Corn Bread Celery, Onion, Carrots, Black Beans, Kidney Beans in Entrée Romaine Salad w/ Tomato Pineapple Chunks / Milk	8 Pork Chile Verde Corn Tortilla (1) Spanish Rice Pinto Beans Green Salad with Shredded Carrots Orange / Milk	9 Kung Pow Chicken Steamed Brown Rice Bell Peppers, Green Onions, Zucchini in Entrée Egg Roll Fresh Fruit Milk 
12 Chicken Alfredo Whole Grain Pasta Thyme Carrots Green Salad with Seasonal Vegetables Pineapple Chunks Milk	13 Vegetarian Pizza Flat Bread Spinach, Tomato, Bell Peppers, Onion in Entrée LS Butternut Squash Soup Tropical Fruit Cup Milk  	 14 Beef & Cheese Lasagna Whole Grain Bread Steamed Fresh Broccoli Romaine Salad with Seasoned Vegetables Banana / Milk 	15 Parmesan Tilapia Tartar Sauce on the side Steamed Brown Rice Peas and Carrots Pineapple Coleslaw Fresh Fruit in Season Milk	16 Baked Turkey LS Gravy / Cranberry Sauce Whole Grain Roll Mashed Potato Green Beans Jell-O in Peaches Milk
19  C L O S E D	20 Homemade Beef Stew Whole Grain Roll Diced Carrots, Peas, Red Potatoes & Onions in Stew Broccoli Raisin Salad Fresh Fruit / Milk	21 Cook's Choice Chicken Whole Grain Pasta San Francisco Blend Vegetables LS Corn Chowder Soup Tropical Fruit / Milk	22 Baked Salmon Tartar Sauce on the side Seasoned Quinoa Cauliflower and Carrots LS Lentil Soup Fresh Fruit in Season Milk	23 Chicken Fajitas Flour Tortillas / Sour Cream Spanish Rice Green, Red, Yellow Bell Pepper and Onion in Entrée Romaine Salad w/ carrots Mandarin Oranges / Milk
26 Philly Cheesesteak Whole Grain Bread Sautéed Bell Peppers, & Onions in Entrée Potato Wedges LS Hearty Vegetable Soup Banana / Milk	27 Homemade Chicken & Cheese Enchilada Corn Tortilla Refried Black Beans Green Salad with Broccoli Apple / Milk	28 BBQ Pulled Pork Sandwich Whole Grain Bread Baked Beans Potato Salad Fresh Fruit Milk	29 Turkey Meatball Soup Whole Grain Dinner Roll Carrot, Zucchini, Corn, Celery in Entrée Caesar Romaine Salad w/ Cherry Tomatoes Orange / Milk	<p style="text-align: center;">Suggested Contribution rate per meal: \$3.00 (60 and over) A Meal Card \$30.00 (11 meals) Guest Fee: \$8.00</p>