

What's for lunch at Café Menlo in September?

Monday	Fancy Tuesdays	Wednesday	Thursday	Friday
4 Center closed. Happy Labor Day!	5 Thanksgiving in September! Roast Turkey w/Gravy Whipped potatoes Mixed Vegetables Whole Wheat Bread Pears	6 Orient Express Caesar Salad w/croutons Pork Stew Steamed Rice Oriental Vegetables Banana Farmers' Market at 11 O'clock	7 Irish Bliss Corned Beef Boiled Potatoes Cabbage & carrots Whole wheat bread Chilled Pears Horseradish Sauce	8 Americana Meatloaf with gravy Whipped potatoes Carrot coins Whole wheat bread Fresh orange
11 End of Summer BBQ Potato salad BBQ chicken Baked beans Corn bread Citrus sections	12 Orient Express Spinach Romaine Salad Sweet & sour pork Steamed rice Mixed vegetables Whole wheat bread Chilled Pears	13 German Feast Bratwurst Steamed Red Cabbage Green Beans Hot dog bun Orange Farmers' Market at 11 O'clock	14 Fiesta! Mexican Independence Day Live music Great home-cooked food, dancing, and fun for all \$5	15 Latin Fiesta Chicken Fajita Spanish Rice Refried beans Tortilla Mandarin Oranges
18 Brunch Time! Chick peas salad Turkey bacon/cheese Frittata Green beans Biscuits Orange	19 Swiss Bliss Cucumber Salad Beef Stroganoff with noodles Broccoli & cauliflower Biscuit Banana	20 Americana Spinach Romaine Salad Tuna Noodle Casserole Stewed Tomatoes Dinner Roll Apple Farmers' Market at 11 O'clock	21 French Delight Carrot Raisin Salad Turkey Stuffed Pepper Whipped Potatoes Green peas Whole wheat bread Fresh Fruit	22 Indian Cuisine chicken curry Rice Pilaf Green beans and mushrooms Whole wheat bread Mandarin oranges
25 Asian Delight Oriental pea salad Honey mustard chicken Rice medley Spinach Cookie	26 Southern Style Roast Pork Loin w/ gravy O'Brien potatoes Mix vegetables Whole wheat bread Blushing apple sauce	27 Italy Italy Spinach Romaine Salad Beef lasagna Zucchini Garlic Bread Banana Farmers' Market at 11 o'clock	28 Fancy Thursday Chicken & Dumpling Whipped Potatoes Corn niblets Whole wheat bread Chilled peaches FREE HEALTH SCREENING (for best results fast for 12 hours)	29 Thanksgiving! Turkey with gravy Scalloped Potatoes Broccoli Whole Wheat Bread Ambrosia Salad



Get your FRESH fruits and vegetables every Wednesday from our Farmers' Market from 11-1

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All meals are served with an 8 oz cup of low fat milk. Meal Donations for registered seniors is \$2.50, Non-seniors \$5.50. Meals are served on first come, first served basis. Meals are prepared by Peninsula Volunteers Little House, and are made possible through grants from Area Agency on Aging and City of Menlo Park funds.
 Kitchen phone # (650) 330-2282