



Senior Wellness Center

March 2019 ESL Class & Senior Nutrition Lunch Calendar



					1	Friday			
					11:30 - 12:00	Nutrition Lunch Rm 111			
					Curry Chicken				
4	Monday	5	Tuesday	6	Wednesday	7	0	8	Friday
Senior Nutrition Lunch Available: Tuesday to Friday MUST RSVP before 10am Dining on site only		11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111
		Baked Chicken Wing w/ Swiss Sauce		Steamed Fish w/ Shacha Sauce		Baked Chicken Thigh w/ Onion Sauce		Steamed Pork & Mushroom w/ Soy Bean Paste	
11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday
Senior Nutrition Lunch Available: Tuesday to Friday MUST RSVP before 10am Dining on site only		11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111
		Braised Pork w/ Pumpkin		Braised Chicken Wings & Potato w/ light Oyster Sauce		Baked Pork Chop w/ Honey & Black Pepper		Baked Fish w/ Light Miso Sauce	
18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday
Senior Nutrition Lunch Available: Tuesday to Friday MUST RSVP before 10am Dining on site only		11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111
		Basil Chicken		Baked Fish w/ Creamy Corn		Baked Chicken Drumstick w/ Five Spice		Baked Pork Chop w/ Lemongrass	
25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday
Senior Nutrition Lunch Available: Tuesday to Friday MUST RSVP before 10am Dining on site only		11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111	11:30 - 12:00	Nutrition Lunch Rm 111
		Steamed Spareribs w/ Black Bean Sauce		Baked Chicken w/ Lemon Sauce		Steamed Pork w/ Bean Sauce		Steamed Fish w/ Dried Olives	

Moorpark Senior Wellness Center

To reserve your Senior Nutrition Lunch,
please call before 10a.m. at 408-975-2374

Address: 2400 Moorpark Ave., Suite 111 San José, CA 95128