



Barbara Lee Senior Center, 40 N. Milpitas Blvd. Milpitas, CA 95035

JANUARY 2026 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
Sorry WE'RE CLOSED	Baked Chicken Wings with Spicy Peppercorn Sauce Vegetarian Tofu with Sauce (v)	Sorry WE'RE CLOSED	Sorry WE'RE CLOSED	Sorry WE'RE CLOSED
5	6	7	8	9
Alfredo Chicken with Whole Grain Spaghetti or Vegetarian Cottage Cheese and Fruit Salad (vs)	Baked Pork Chop with Five Spice Sauce or Vegetarian Tofu with Sauce (v)	Beef Patty with Chu Hou Sauce or Vegetarian Tofu with Sauce (v)	Tilapia and Shrimp Jambalaya or Vegetarian Cottage Cheese and Fruit Salad (vs)	Beef and Turkey Enchilada Pie or Vegetarian Cottage Cheese and Fruit Salad (vs)
12	13	14	15	16
Turkey Chili with Cornbread or Vegetarian Mediterranean Quinoa Salad (vs)	Beef with Corn Sauce or Vegetarian Tofu with Sauce (v)	Baked Fish with Pickled Cabbage or Vegetarian Tofu with Sauce (v)	Beef Swedish Meatballs or Vegetarian Mediterranean Quinoa Salad (vs)	Cilantro Lime Chicken or Vegetarian Mediterranean Quinoa Salad (vs)
19	20	21	22	23
Sorry WE'RE CLOSED	Braised Turkey Thigh with Gravy or Vegetarian Tofu with Sauce (v)	Beef with Shacha Sauce or Vegetarian Tofu with Sauce (v)	Calabacitas con Pollo (squash with Chicken) or Vegetarian Three Bean and Barley Salad (vs)	Beef and Turkey Shepherd's Pie or Vegetarian Three Bean and Barley Salad (vs)
26	27	28	29	30
Chimichurri Chicken or Vegetarian Italian Chopped Garbanzo Bean Salad (vs)	Baked Swia Fish with Cilantro Miso Sauce or Vegetarian Tofu with Sauce (v)	Baked Pork Chop with Onion and Black Pepper Sauce or Vegetarian Tofu with Sauce (v)	Piccata Pork with Garlic Spinach or Vegetarian Italian Chopped Garbanzo Bean Salad (vs)	Beef and Turkey Sloppy Joe or Vegetarian Italian Chopped Garbanzo Bean Salad (vs)

1. Call (408) 586-3413 and leave a message to make or cancel your reservations.

2. Ethnically diverse meals are served on Mondays, Thursdays, and Fridays by Trio and Asian Inspired cuisine by Moonchef on Tuesdays and Wednesdays. ALTERNATE CHOICES are available Monday through Friday. **THE MENU IS SUBJECT TO CHANGE.**

3. Suggested contribution is \$5 for seniors 60 years and older. Guests under 60 are required to pay \$9.00 per meal.

4. Lunch Participant check-in: 10:30 a.m.–11:35 a.m. **ALL PARTICIPANTS MUST BE SEATED BY 11:45 A.M. TO RECEIVE A MEAL.**

5. **Unclaimed lunches-** will be released to the waitlist at 11:50 a.m.

6. Each Meal is individually prepared and tracked for safety. **Sharing is not allowed.**

7. **ATTENTION-** Please be seated by 11:45 a.m. so we may begin serving on time. Participants who are not seated, your placemat will be removed at 11:45 a.m. and your meal will be served after the waitlist. **Please do not take your placemats outside the lunchroom.**

8. Taking food from the lunch program is done at your own risk and should be eaten or refrigerated within 30 minutes.

9. When reheating food, reheat at 350°F until bubbly for 15 minutes with an internal temperature of 165°F

10. Indicates 1,000 mg of sodium. Indicates Vegetarian meal Indicates soup. Each meal has 750 to 900 mg of sodium.

11. All entrees will be served at 12 p.m. and include milk and a seasonal fruit of the day.

12. **LUNCH RESERVATIONS INSTRUCTIONS:** Call 408-586-3413 every FRIDAY to reserve lunch for the following week

13. Reservations can only be made between **6:00 a.m. to 12:00 p.m. (NOON) FRIDAYS ONLY** /No same day reservations accepted

14. **TO CANCEL LUNCH RESERVATION:** Please call at least one day in advance by 12:00 p.m. (NOON)

15. **PLEASE NOTE-** A NO-CALL, NO-SHOW for two consecutive days will result in automatic cancellations of remaining reservations.

16. Enjoy! Dining room closes at 1:00 p.m. **IMPORTANT NOTES :** Meals are not guaranteed and are subject to availability.