



SEPTEMBER 2025 | Senior Dining Center



Highlands Park Senior & Community Center
8500 Highway 9, Ben Lomond, CA.

Join us for lunch @ 12:00 pm

Please call to make reservations
the day before you plan to attend.

831-336-5366

Contributions of \$3.50 are suggested and appreciated!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy Labor Day! The Center is Closed	2 Meatloaf w/ Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Pepper Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices	3 New England Clam Chowder Oyster Crackers Cucumber Slices Romaine Salad Whole Wheat Roll & Butter Strawberry Fruit Crisp	4 Chicken Parmesan Italian Green Beans Spinach Salad Risotto Whole Wheat Bread & Butter Orange Juice	5 Potato, Kale & Cheese Enchilada Refried Beans Romaine Salad w/ Carrots Mexico City Rice Tangerine
8 Savory Casserole California Mixed Vegetables Mixed Green Salad Whole Wheat Roll & Butter Applesauce	9 Asian Chicken Salad Lettuce & Cabbage Mix Carrot & Cucumber Slices Sesame Noodle Salad Whole Wheat Roll Mandarin Oranges	10 Turkey Stew Peas & Mushrooms Coleslaw Whole Wheat Biscuit & Butter Banana	11 Tamale Verde Chicken Bake Black Beans Romaine Salad w/ Carrots Citrus Fruit Salad	12 Salmon Patty w/ Tzatziki Sauce Green Beans Spinach Salad w/ Carrots Rice Pilaf Whole Wheat Roll & Butter Diced Pears
15 Baked Fish w/ Lemon Wedge Sweet Potato Green Salad Whole Wheat Roll & Butter Diced Pears	16 Chicken Enchiladas Summer Squash Spinach Salad w/ Carrots Spanish Rice Strawberries	17 Sloppy Joes Succotash Romaine Salad Broccoli Whole Wheat Bun Banana	18 Egg Salad w/ Lettuce Minestrone Soup Spinach Salad w/ Red Pepper Whole Wheat Bread Whole Wheat Crackers Plum	19 *No 1/2 Pint Milk Served Macaroni & Cheese Broccoli Three Bean Salad Whole Wheat Roll & Butter Fruit Juice
22 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Romaine Salad w/ Carrots Pesto Noodles Apple Slices	23 Navy Bean Soup Tabouli Salad Green Salad w/ French Dressing Whole Wheat Crackers Banana	24 Sweet & Sour Shrimp w/ Rice Green Bean & Red Pepper Stir Fry Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks/Fortune Cookie	25 Beef and Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Nectarine	26 BBQ Chicken Thigh Cauliflower Au Gratin Sautéed Kale Greens Brown Rice Pilaf Apple/Birthday Cake
29 Meatball Stroganoff over Wide Noodles California Mixed Vegetables Green Salad w/ Red Cabbage Whole Wheat Roll & Butter Peaches	30 Tuna Salad w/ Lettuce Vegetable Barley Soup Cucumber Tomato Salad Whole Wheat Bread Whole Wheat Crackers Banana			Each meal is served with a 1/2 pint of 1% milk. * Represents Vegetarian