

Sierra Senior Services Lunch Menu

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Local Meals on Wheels Provider</p>	<p>1 <u>Pork Chop w/ Mushroom Gravy</u> Broccoli Wild Rice Fresh Fruit</p>	<p>2 <u>Turkey Club</u> Summer Corn Salad Fresh Fruit *HIGH SODIUM DAY*</p>	<p>3 <u>Meatloaf</u> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit</p>	<p>4 <u>Teriyaki Shrimp</u> Stir Fry Noodles Fresh Fruit</p>	 <p>LUNCH IS SERVED 12:00-12:45 Monday through Friday</p> <p>Seniors 60+ A \$4.00 donation per meal is requested for LUNCH</p> <p>Guests under 60, \$8.00 for LUNCH</p> <p>MENU IS SUBJECT TO CHANGE</p>
<p>7 <u>Beef Stroganoff</u> Egg Noodles Broccoli Fresh Fruit</p>	<p>8 <u>Fish Tacos</u> Guacamole Spanish Rice Fresh Fruit</p>	<p>9 <u>Lemon Chicken</u> Summer Squash Greek Pasta Salad Fresh Fruit</p>	<p>10 <u>Shepherd's Pie</u> Wheat Roll Fresh Fruit</p>	<p>11 <u>Cuban Roast Pork</u> Corn & Peppers Black Beans & White Rice Fresh Fruit</p>	
<p>14 <u>Beef Chili Mac</u> Fresh Fruit</p>	<p>15 <u>Hot Turkey Sandwich</u> Mashed Potatoes & Gravy Broccoli Fresh Fruit</p>	<p>16 <u>Asian Chicken Salad</u> WW Crackers Fresh Fruit</p>	<p>17 <u>New England Clam Chowder</u> Oyster Crackers 3 Bean Salad Fresh Fruit</p>	<p>18 <u>BBQ Pork Ribs</u> Cole Slaw Corn Bread Fresh Fruit</p>	
<p>21 <u>Chicken Divan</u> Broccoli Brown Rice Fresh Fruit</p>	<p>22 <u>Cheeseburger</u> Potato Salad Fresh Fruit</p>	<p>23 <u>Pork Pozole</u> Tortilla Chips Fresh Fruit</p>	<p>24 <u>Baked Mahimahi</u> Pineapple Salsa Vegi Fried Rice Fresh Fruit</p>	<p>25 <u>Roast Beef Tri-Tip</u> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit</p>	
<p>28 <u>Beef Fajitas</u> Refried Beans Flour Tortillas Fresh Fruit</p>	<p>29 <u>Chicken Curry</u> Brown Rice Fresh Fruit</p>	<p>30 <u>Chef Salad</u> Turkey, Ham, Cheese WW Crackers Fresh Fruit</p>	<p>31 <u>Spaghetti & Meatballs</u> Marinara Sauce Zucchini Fresh Fruit</p>	<p>www.sierraseniors.org or Call 530-550-7600</p>	

