

Sierra Senior Services Lunch Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <u>Asian Orange Beef</u> Brown Rice Fresh Fruit	3 <u>Hot Turkey Sandwich</u> Green Beans Mashed Potatoes Fresh Fruit	4 <u>Chicken Parmesan</u> Penne Pasta Zucchini Green Salad Fresh Fruit	5 <u>Salmon Veracruz</u> Vegetable Quinoa Fresh Fruit	6 <u>Shepherd's Pie</u> WW Roll Fresh Fruit	LUNCH is SERVED 12:00-12:45 Monday through Friday Seniors 60+ A \$4.00 donation per meal is requested for LUNCH Guests under 60, \$8.00 for LUNCH MENU IS SUBJECT TO CHANGE
9 <u>Honey Sesame Pork</u> Corn & Peppers Wild Rice Fresh Fruit	10 <u>Beef Stroganoff</u> Broccoli Egg Noodles Fresh Fruit	11 <u>Chicken Caesar Wrap</u> Whole Wheat Tortilla Carrot Raisin Salad Fresh Fruit	12 <u>New England Clam Chowder</u> Oyster Crackers 3 Bean Salad Fresh Fruit	13 <u>Beef Tamale Pie</u> Corn Bread Fresh Fruit	
16 <u>Stuffed Peppers</u> Beef & Brown Rice Cauliflower Fresh Fruit	17 <u>BBQ Pork Sandwich</u> Cole Slaw Fresh Fruit *HIGH SODIUM DAY*	18 <u>Chicken Pot Pie</u> Green Salad Fresh Fruit	19 <u>Meatloaf</u> Mashed Potatoes & Gravy Green Beans Wheat Roll Fresh Fruit	20 <u>Shrimp Scampi</u> Zucchini Spaghetti Fresh Fruit	
23 <u>Squash Ravioli</u> Balsamic Brown Butter White Beans Swiss Chard Fresh Fruit	24 <u>Roast Pork Loin</u> Brussels Sprouts Cheesy Polenta Fresh Fruit	25 <u>Chicken Enchiladas</u> Refried Beans Green Salad Fresh Fruit	26 <u>Swedish Meatballs</u> Broccoli Egg Noodles Fresh Fruit	27 <u>Lemon Herb Cod</u> Mixed Vegetables Rice Pilaf Fresh Fruit	
30 <u>Chicken Curry Stew</u> Lentils Brown Rice Fresh Fruit	31 <u>Cheeseburger</u> Potato Salad Fresh Fruit			www.sierraseniors.org or Call 530-550-7600	

