

# Sierra Senior Services Lunch Menu

# June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><b>HAPPY FATHER'S DAY</b></p>	 <p>Local Meals on Wheels Provider</p>	<p><a href="http://www.sierraseniors.org">www.sierraseniors.org</a> or Call 530-550-7600</p>	<p><b>1</b> <b>Hot Turkey Sandwich</b> Mashed Potatoes Broccoli Fresh Fruit</p>	<p><b>2</b> <b>Pork Pozole</b> Corn Chips 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><b>MENU IS SUBJECT TO CHANGE</b></p>
<p><b>5</b> <b>Spaghetti w/ Beef Marinara</b> Zucchini Fresh Fruit</p>	<p><b>6</b> <b>Santa Fe Stuffed Bell Peppers</b> Cauliflower Fresh Fruit</p>	<p><b>7</b> <b>Chicken Salad Wrap</b> Pickled Beets Fresh Fruit</p>	<p><b>8</b> <b>New England Clam Chowder</b> Oyster Crackers 3 Bean Salad Fresh Fruit</p>	<p><b>9</b> <b>Beef Stew</b> Potatoes, Carrots &amp; Green Peas Apple Brown Betty</p>	
<p><b>12</b> <b>Honey Sesame Pork Tenderloin</b> Sautéed Corn Wild Rice Fresh Fruit</p>	<p><b>13</b> <b>Beef Chili Mac</b> Fresh Fruit</p>	<p><b>14</b> <b>Shrimp Cocktail Salad</b> WW Crackers Fresh Fruit</p>	<p><b>15</b> <b>Chicken Enchilada Bake</b> Fresh Fruit</p>	<p><b>16</b> <b>Roast Beef Tri-Tip</b> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit</p>	
<p><b>19</b> <b>Chicken Marsala</b> Penne Pasta Zucchini Fresh Fruit</p>	<p><b>20</b> <b>Cheeseburger</b> Potato Salad Fresh Fruit</p>	<p><b>21</b> <b>Citrus Glazed Salmon</b> Broccoli Brown Rice Fresh Fruit</p>	<p><b>22</b> <b>Kielbasa Lentil Stew</b> Wheat Roll Fresh Fruit</p>	<p><b>23</b> <b>Mongolian Beef</b> Stir-Fry Noodles Fresh Fruit</p> <p><b>*High Sodium Day*</b></p>	
<p><b>26</b> <b>Saucy Pork Chop</b> Mixed Vegetable Rice Fresh Fruit</p>	<p><b>27</b> <b>BBQ Beef Sandwich</b> Carrot Raisin Salad Fresh Fruit</p>	<p><b>28</b> <b>Greek Chicken Salad</b> Baked Pita Chips Fresh Fruit</p>	<p><b>29</b> <b>Salisbury Steak</b> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit</p>	<p><b>30</b> <b>Tuna Noodle Casserole</b> Green Salad Fresh Fruit</p>	

