

Sierra Senior Services Lunch Menu

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 <u>Beef Goulash</u> Macaroni Fresh Fruit</p>	<p>2 <u>Sweet & Sour Pork</u> Brown Rice Fresh Fruit</p>	<p>3 <u>Roast Turkey & Gravy</u> Bread Dressing Green Beans Fresh Fruit</p>	<p>4 <u>Flatbread Pizza</u> Green Salad Fresh Fruit</p> <p><i>*High Sodium Day*</i></p>	<p>5 <u>Chicken Enchilada</u> <u>Bake</u> Fresh Fruit</p>	<p>Seniors 60+ A \$4.00 donation per meal is requested for LUNCH</p>
<p>8 <u>Fish Tacos</u> Guacamole Spanish Rice Fresh Fruit</p>	<p>9 <u>Tomato Soup & Grilled Cheese</u> 3 Bean Salad Fresh Fruit</p>	<p>10 <u>Meatloaf & Gravy</u> Mashed Potatoes Broccoli WW Roll Fresh Fruit</p>	<p>11 <u>Pesto Chicken</u> <u>Pasta</u> Zucchini Fresh Fruit</p>	<p>12 <u>Mother's Day Brunch</u> French Toast Bake Breakfast Sausage Home Fries Fresh Fruit</p>	
<p>15 <u>Pork Piccata</u> Cauliflower Egg noodles Fresh Fruit</p>	<p>16 <u>Turkey ala King</u> Brown Rice Fresh Fruit</p>	<p>17 <u>Tuna Melt</u> Green Salad Fresh Fruit</p>	<p>18 <u>Italian Wedding</u> <u>Soup</u> WW Roll Fresh Fruit</p>	<p>19 <u>Chinese Chicken</u> <u>Salad</u> WW Crackers Fresh Fruit</p>	<p>Guests, under 60 \$8.00 FOR LUNCH</p>
<p>22 <u>Beef & Broccoli</u> Brown Rice Fresh Fruit</p>	<p>23 <u>BBQ Chicken</u> Mac & Cheese Cole Slaw Fresh Fruit</p>	<p>24 <u>Salmon Veracruz</u> Quinoa Fresh Fruit</p>	<p>25 <u>Roast Pork Loin</u> Twice Baked Potato Zucchini WW Roll Fresh Fruit</p>	<p>26 <u>Beef Tamale Pie</u> Corn Bread Fresh Fruit</p>	<p>LUNCH is SERVED 12:00 TO 12:45 Monday Through Friday</p>
<p>29 <u>Closed for Holiday</u> <u>Happy Memorial Day!</u></p>	<p>30 <u>Chicken Tetrizzini</u> Spaghetti Fresh Fruit</p>	<p>31 <u>Cheeseburger</u> Potato Salad Fresh Fruit</p>		<p>www.sierraseniors.org or Call 530-550-7600</p>	<p>MENU IS SUBJECT TO CHANGE</p>

