



# Sierra Senior Services Lunch Menu

# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
	<a href="http://www.sierraseniors.org">www.sierraseniors.org</a> or Call 530-550-7600			<b>1</b> <u><b>Citrus Glazed Salmon</b></u> Peas & Carrots Quinoa 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  <b>MENU IS SUBJECT TO CHANGE</b>
<b>4</b> Labor Day  Closed for Holiday	<b>5</b> <u><b>Beef &amp; Broccoli</b></u> Brown Rice Fresh Fruit	<b>6</b> <u><b>Chicken Cobb Salad</b></u> WW Crackers Fresh Fruit	<b>7</b> <u><b>Beef Lasagna</b></u> Green Salad Fresh Fruit	<b>8</b> <u><b>Saucy Pork Chop</b></u> Green Beans Mashed Red Potatoes Wheat Roll Fresh Fruit	
<b>11</b> <u><b>BBQ Chicken</b></u> Mac & Cheese Cole Slaw Fresh Fruit	<b>12</b> <u><b>Meatloaf</b></u> Mashed Potatoes & Gravy Broccoli Wheat Roll Fresh Fruit	<b>13</b> <u><b>Shrimp Cocktail Salad</b></u> WW Crackers Fresh Fruit	<b>14</b> <u><b>Philly Cheesesteak</b></u> Green Salad Fresh Fruit	<b>15</b> <u><b>Four Cheese Ravioli</b></u> Marinara Sauce Sautéed Spinach Fresh Fruit	
<b>18</b> <u><b>Pork Piccata</b></u> Broccoli Spaghetti Fresh Fruit	<b>19</b> <u><b>Salisbury Steak</b></u> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit	<b>20</b> <u><b>Chicken Salad Wrap</b></u> Pickled Beets Fresh Fruit	<b>21</b> <u><b>White Turkey Chili</b></u> Corn Bread Fresh Fruit	<b>22</b> <u><b>Cod Almandine</b></u> Brussels Sprouts Rice Pilaf Fresh Fruit	
<b>25</b> <u><b>Sweet &amp; Sour Pork</b></u> Brown Rice Fresh Fruit	<b>26</b> <u><b>Cheeseburger</b></u> Potato Salad Fresh Fruit	<b>27</b> <u><b>Chicken Marsala</b></u> Penne Pasta Zucchini Fresh Fruit	<b>28</b> <u><b>Tuna Noodle Casserole</b></u> Green Salad Fresh Fruit	<b>29</b> <u><b>Steak Quesadilla</b></u> Refried Beans Pico de Gallo Fresh Fruit  *HIGH SODIUM DAY*	

