

Sierra Senior Services Lunch Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
1 <u>Asian Orange Beef</u> Mixed Vegetables Stir Fry Noodles Fresh Fruit	2 <u>Roast Pork Loin</u> Honey Mustard Glaze Butternut Squash Bread Dressing Fresh Fruit	3 <u>Chicken Salad Sandwich</u> on Wheat Bread Kettle Potato Chips Fresh Fruit	4 <u>Swedish Meatballs</u> Egg Noodles Broccoli Fresh Fruit	5 <u>Bay Scallops</u> Lemon Butter Green Beans Almandine Rice Pilaf Fresh Fruit	LUNCH is served 12:00-12:45 Monday through Friday Seniors 60 and over, a \$4.00 contribution per meal is requested for LUNCH Guests under 60, please pay \$8.00 for LUNCH MENU IS SUBJECT TO CHANGE
8 <u>Turkey Wild Rice Casserole</u> Pecans & Cranberries Green Salad Fresh Fruit	9 <u>Beef & Bean Chili</u> Cheddar Cheese Loaded Cornbread Fresh Fruit	10 <u>Shrimp Cocktail Salad</u> Tomato, Cucumber, Egg Whole Wheat Crackers Fresh Fruit	11 <u>Chicken Parmesan</u> Roasted Zucchini Whole Grain Penne Fresh Fruit	12 <u>BBQ Pork Sandwich</u> Whole Wheat Bun Cole Slaw Fresh Fruit	
15 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit	16 <u>Meatloaf</u> Mashed Potatoes Broccoli Wheat Roll Fresh Fruit	17 <u>Tuna Noodle Casserole</u> Green Salad Fresh Fruit	18 <u>Chicken Tikka Masala</u> Basmati Rice Naan Bread Fresh Fruit	19 <u>Roast Beef Tri-Tip</u> Green Beans Mushroom Barley Pilaf Fresh Fruit	
22 <u>Cashew Chicken</u> Mixed Vegetables Steamed Brown Rice Fresh Fruit	23 <u>Cheeseburger</u> Grilled Onions Whole Wheat Bun Oven Fries Fresh Fruit	24 <u>Turkey Club Salad</u> Bacon, Tomato, Avocado & Ranch Whole Wheat Crackers Fresh Fruit *HIGH SODIUM DAY*	25 <u>Pork Chile Verde</u> Sour Cream Tortilla Chips Fresh Fruit	26 <u>Sautéed Salmon</u> Cucumber-Tomato Relish Cauliflower Whole Grain Couscous Fresh Fruit	
29 <u>Artichoke-Mushroom Chicken</u> Mashed Red Potatoes Whole Wheat Roll Fresh Fruit	30 <u>Pork Schnitzel</u> Spaetzle Braised Red Cabbage Fresh Fruit	31 <u>Italian Wedding Soup</u> Spinach & Orzo Pasta Green Salad Fresh Fruit	www.sierraseniors.org or Call 530-550-7600		

