

# Sierra Senior Services Lunch Menu

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> <b><u>Cashew Chicken</u></b> Brown Rice Fresh Fruit	<b>4</b> <b><u>Closed for Holiday</u></b>  <b><u>Happy Independence Day!</u></b>	<b>5</b> <b><u>Philly Cheesesteak</u></b> Green Salad Fresh Fruit	<b>6</b> <b><u>Pork Chili Verde</u></b> Tortilla Chips Fresh Fruit	<b>7</b> <b><u>Swedish Meatballs</u></b> Broccoli Egg Noodles Fresh Fruit	 <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>
<b>10</b> <b><u>Deli Turkey Sandwich</u></b> 3 Bean Salad Fresh Fruit *HIGH SODIUM DAY*	<b>11</b> <b><u>Meatloaf</u></b> Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	<b>12</b> <b><u>Shrimp Louie Salad</u></b> WW Crackers Fresh Fruit	<b>13</b> <b><u>BBQ Chicken</u></b> Mac & Cheese Cole Slaw Fresh Fruit	<b>14</b> <b><u>Sweet &amp; Sour Pork</u></b> Brown Rice Fresh Fruit	
<b>17</b> <b><u>Beef Goulash</u></b> Macaroni Fresh Fruit	<b>18</b> <b><u>Cheese Ravioli Marinara</u></b> Sautéed Spinach Fresh Fruit	<b>19</b> <b><u>Chicken Cobb Salad</u></b> WW Crackers Fresh Fruit	<b>20</b> <b><u>Beef &amp; Broccoli</u></b> Brown Rice Fresh Fruit	<b>21</b> <b><u>Salmon Veracruz</u></b> Quinoa Fresh Fruit	
<b>24</b> <b><u>Pork Piccata</u></b> Broccoli Spaghetti Fresh Fruit	<b>25</b> <b><u>Mushroom Artichoke Chicken</u></b> Red Potatoes, Green Beans Wheat Roll Fresh Fruit	<b>26</b> <b><u>Steak Salad</u></b> Tomatoes & Fresh Mozzarella WW Crackers Fresh Fruit	<b>27</b> <b><u>Cornflake Baked Cod</u></b> Succotash Rice Pilaf Fresh Fruit	<b>28</b> <b><u>Turkey Lasagna</u></b> Green Salad Fresh Fruit	
<b>31</b> <b><u>Chicken Enchilada Bake</u></b> Fresh Fruit		 Sierra Senior Services Local Meals on Wheels Provider	<a href="http://www.sierraseniors.org">www.sierraseniors.org</a> or Call 530-550-7600		

