


Sierra Senior Services Lunch Menu

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
www.sierraseniors.org or Call 530-550-7600			1 <u>Moroccan Chicken</u> WW Couscous Almonds & Raisins Fresh Fruit	2 <u>Fish Tacos</u> Guacamole, Cabbage Spanish Rice 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
5 <u>Saucy Pork Chop</u> Mashed Red Potatoes Peas & Carrots Whole Wheat Roll Fresh Fruit	6 <u>Beef Stroganoff</u> Green Beans Egg Noodles Fresh Fruit	7 <u>Flatbread Pizza</u> Green Salad Fresh Fruit	8 <u>Chicken Tortilla Casserole</u> Black Beans & Corn Fresh Fruit	9 <u>Shrimp Scampi</u> Broccoli Spaghetti Fresh Fruit	
12 <u>Chicken Marsala</u> Zucchini WW Penne Fresh Fruit	13 <u>Cheeseburger</u> Whole Wheat Bun Oven Fries Fresh Fruit	14 <u>New England Clam Chowder</u> 3 Bean Salad Oyster Crackers Fresh Fruit	15 <u>Roast Turkey</u> Mashed Potatoes Bread Dressing Brussels Sprouts Fresh Fruit	16 <u>Steak Quesadilla</u> Pico de Gallo Refried Beans Fresh Fruit	
19 <u>Roast Pork Loin</u> Cornbread Dressing Spiced Apples & Squash Fresh Fruit	20 <u>Baked Ziti</u> Alfredo & Meat Sauce Zucchini Fresh Fruit	21 <u>Arroz con Pollo</u> Chicken Thighs Rice Pilaf & Vegetables Fresh Fruit	22 CLOSED FOR HOLIDAY	23 CLOSED FOR HOLIDAY	
26 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit	27 <u>Meatloaf</u> Mashed Potatoes Broccoli Whole Wheat Roll Fresh Fruit	28 <u>Tuna Melt</u> Green Salad Fresh Fruit	29 <u>Sweet & Sour Pork</u> Mixed Vegetables Brown Rice Fresh Fruit	30 <u>Roast Beef Tri-Tip</u> Green Beans Mushroom Barley Pilaf Fresh Fruit	

