



Sierra Senior Services Lunch Menu

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Sierra Senior Services Local Meals on Wheels Provider</p>	www.sierraseniors.org OR Call 530-550-7600		1 <u>Hot Turkey Sandwich</u> Mashed Potatoes Broccoli Fresh Fruit	2 <u>Swedish Meatballs</u> Asparagus Egg Noodles 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 MENU IS SUBJECT TO CHANGE
5 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit	6 <u>Meatloaf</u> Mashed Potatoes Green Beans WW Roll Fresh Fruit	7 <u>Tuna Noodle Casserole</u> Green Salad Fresh Fruit	8 <u>Chicken Enchiladas</u> Refried Beans Fresh Fruit	9 <u>Pork Cutlet</u> Asparagus Wild Rice Fresh Fruit	
12 <u>Beef Noodle Bake</u> Peas & Carrots Fresh Fruit	13 <u>White Turkey Chili</u> Cornbread Fresh Fruit	14 <u>Flatbread Pizza</u> Green Salad Fresh Fruit	15 <u>Shrimp Scampi</u> Broccoli Spaghetti Fresh Fruit	16 <u>Corned Beef & Cabbage</u> Carrots & Red Potatoes Fresh Fruit WW roll *HIGH SODIUM DAY*	
19 <u>Beef & Broccoli</u> Brown Rice Fresh Fruit	20 <u>Saucy Pork Chop</u> Mashed Red Potatoes Green Beans WW Roll Fresh Fruit	21 <u>Cheeseburger</u> Oven Fries Fresh Fruit	22 <u>Chicken Marsala</u> Zucchini WW Penne Pasta Fresh Fruit	23 <u>Sautéed Mahi-Mahi</u> Asparagus Barley Pilaf Fresh Fruit	
26 <u>Pork Chile Verde</u> Tortilla Chips Fresh Fruit	27 <u>Salisbury Steak</u> Mashed Potatoes Green Beans WW Roll Fresh Fruit	28 <u>Chicken Club Wrap</u> Macaroni Salad Fresh Fruit	29 <u>Hungarian Goulash</u> Cauliflower Egg Noodles Fresh Fruit	30 <u>Miso Glazed Salmon</u> Asparagus Sticky Rice Fresh Fruit	

