



Sierra Senior Services Lunch Menu

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
	www.sierraseniors.org or Call 530-550-7600			1 <u>Beef & Bean Chili</u> Loaded Corn Bread 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
4 <u>Mongolian Beef</u> Brown Rice Stir Fried Veggies Fresh Fruit	5 <u>Hot Turkey Sandwich</u> Mashed Potatoes Green Beans Fresh Fruit	6 <u>Italian Wedding Soup</u> Green Salad Fresh Fruit	7 <u>Chicken Enchiladas</u> Refried Beans Fresh Fruit	8 <u>Shrimp Scampi</u> Spaghetti Broccoli Fresh Fruit	
11 <u>Honey Sesame Pork</u> Green Beans Wild Rice Fresh Fruit	12 <u>Meatloaf</u> Mashed Potatoes Broccoli Whole Wheat Roll Fresh Fruit	13 <u>Chicken Club Sandwich</u> Carrot Raisin Salad Fresh Fruit	13 <u>Fish Tacos</u> Spanish Rice Guacamole Fresh Fruit	15 <u>Hungarian Goulash</u> Egg Noodles Cauliflower Fresh Fruit	
18 <u>Turkey ala King</u> Brown Rice Fresh Fruit	19 <u>Cheeseburger</u> Oven Fries Fresh Fruit	20 <u>Chicken Parmesan</u> Zucchini WW Penne Pasta Fresh Fruit	21 <u>Salmon Veracruz</u> Vegetable Quinoa Fresh Fruit	22 <u>Roast Beef Tri-Tip</u> Twice Baked Potato Broccoli WW Roll Fresh Fruit	
25 <u>Closed for Holiday</u> 	26 <u>Cheese Ravioli Marinara</u> Sautéed Spinach Fresh Fruit	27 <u>Tuna Melt</u> Green Salad Fresh Fruit	28 <u>Chicken Country Captain</u> Brown Rice Sweet Potatoes Fresh Fruit	29 <u>Saucy Pork Chop</u> Mashed Red Potatoes Green Beans WW Roll Fresh Fruit	



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