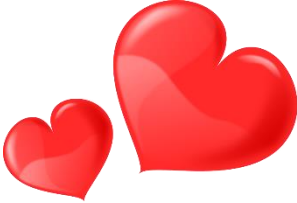



Sierra Senior Services Lunch Menu

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
			1 <u>Hot Turkey Sandwich</u> Mashed Potatoes Broccoli Fresh Fruit	2 <u>Beef & Bean Chili</u> Loaded Corn Bread 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>MENU IS SUBJECT TO CHANGE</p>
5 <u>Chinese Orange Beef</u> Stir Fry Noodles with Vegetables Fresh Fruit	6 <u>Chicken Marrakesh</u> WW Couscous Fresh Fruit	7 <u>Split Pea & Ham Soup</u> Green Salad WW Roll Fresh Fruit	8 <u>Cheeseburger</u> Oven Fries Fresh Fruit	9 <u>Creole Shrimp</u> Brown Rice Zucchini Fresh Fruit	
12 <u>Honey Mustard Pork</u> Mashed Red Potatoes Green Beans WW Roll Fresh Fruit	13 <u>Porcupine Meatballs</u> Sautéed Spinach Fresh Fruit	14 <u>Chicken & Dumplings</u> Green Salad Fresh Fruit	15 <u>Beef Stroganoff</u> Broccoli Egg Noodles Fresh Fruit	16 <u>Fish Tacos</u> Guacamole Spanish Rice Fresh Fruit	
19 <u>BBQ Chicken</u> Mac & Cheese Cole Slaw Fresh Fruit	20 <u>Tuscan Roast Pork</u> Zucchini Creamy Polenta Fresh Fruit	21 <u>Turkey Wild Rice Soup</u> Green Salad Fresh Fruit	22 <u>Meatloaf</u> Mashed Potatoes Green Beans WW Roll Fresh Fruit	23 <u>Salmon Veracruz</u> Veggie Quinoa Fresh Fruit	
26 <u>Sweet & Sour Pork</u> Brown Rice Fresh Fruit	27 <u>Chicken Parmesan</u> Zucchini WW Penne Pasta Fresh Fruit	28 <u>Beef Barley Soup</u> Green Salad Fresh Fruit		www.sierraseniors.org or Call 530-550-7600	



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