



# Sierra Senior Services Lunch Menu

# May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><b>7</b> <b><u>BBQ Chicken</u></b> Mac &amp; Cheese Cole Slaw Fresh Fruit</p>	<p><b>1</b> <b><u>Pork Cutlet</u></b> Mashed Red Potatoes Green Beans WW Roll Fresh Fruit</p>	<p><b>2</b> <b><u>Deli Turkey Sandwich</u></b> Potato Salad Fresh Fruit  <b>*HIGH SODIUM DAY*</b></p>	<p><b>3</b> <b><u>Spaghetti &amp; Meat Sauce</u></b> Zucchini Fresh Fruit</p>	<p><b>4</b> <b><u>Creole Shrimp</u></b> Cauliflower Brown Rice Fresh Fruit</p>	<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>
<p><b>14</b> <b><u>Cheese Ravioli</u></b> Marinara Sauce Sautéed Spinach Fresh Fruit</p>	<p><b>8</b> <b><u>Beef &amp; Broccoli</u></b> Brown Rice Fresh Fruit</p>	<p><b>9</b> <b><u>Tuna Noodle Casserole</u></b> Green Salad Fresh Fruit</p>	<p><b>10</b> <b><u>Turkey &amp; White Bean Chili</u></b> Corn Bread Fresh Fruit</p>	<p><b>11</b> <b><u>Mother's Day Brunch</u></b> French Toast Bake Breakfast Sausage Home Fries Fresh Fruit</p> 	
<p><b>21</b> <b><u>Moroccan Chicken</u></b> Almond &amp; Raisin Couscous Fresh Fruit</p>	<p><b>15</b> <b><u>Meatloaf &amp; Gravy</u></b> Mashed Potatoes Broccoli WW Roll Fresh Fruit</p>	<p><b>16</b> <b><u>Greek Chicken Salad</u></b> Pita Chips Fresh Fruit</p>	<p><b>17</b> <b><u>Tuscan Roast Pork</u></b> Zucchini &amp; Cauliflower Creamy Polenta Fresh Fruit</p>	<p><b>18</b> <b><u>Sautéed Codfish</u></b> Green Beans &amp; Tomatoes Rice Pilaf Fresh Fruit</p>	
<p><b>28</b> <b><u>Closed for Holiday</u></b>  <b><u>Happy Memorial Day!</u></b></p>	<p><b>22</b> <b><u>Cheeseburger</u></b> Oven Fries Fresh Fruit</p>	<p><b>23</b> <b><u>Split Pea &amp; Ham Soup</u></b> Green Salad WW Roll Fresh Fruit</p>	<p><b>24</b> <b><u>Hungarian Goulash</u></b> Green Beans Egg Noodles Fresh Fruit</p>	<p><b>25</b> <b><u>Teriyaki Salmon</u></b> Brown Rice Broccoli Fresh Fruit</p>	
<p><b>29</b> <b><u>Beef Enchilada Bake</u></b> Fresh Fruit</p>	<p><b>30</b> <b><u>New England Clam Chowder</u></b> 3 Bean Salad Fresh Fruit</p>	<p><b>31</b> <b><u>Chicken Marsala</u></b> Zucchini Penne Pasta Fresh Fruit</p>	<p><a href="http://www.sierraseniors.org">www.sierraseniors.org</a> or Call 530-550-7600</p>		

