

Sierra Senior Services Lunch Menu

June 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | |
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|  <p>Sierra Senior Services Local Meals on Wheels Provider</p> | <p>www.sierraseniors.org or Call 530-550-7600</p> |  <p>HAPPY FATHER'S DAY</p> | | <p>1 <u>Beef Stroganoff</u> Cauliflower Egg Noodles 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>MENU IS SUBJECT TO CHANGE</p> |
| <p>4 <u>Chicken Cacciatore</u> Creamy Polenta Fresh Fruit</p> | <p>5 <u>Pork Chile Verde</u> Tortilla Chips Fresh Fruit</p> | <p>6 <u>Tuna Melt</u> Green Salad Fresh Fruit</p> | <p>7 <u>Roast Turkey</u> Mashed Potatoes Bread Dressing Green Beans Fresh Fruit</p> | <p>8 <u>Mongolian Beef</u> Stir Fried Noodles and Veggies Fresh Fruit</p> | |
| <p>11 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit</p> | <p>12 <u>Meatloaf & Gravy</u> Mashed Potatoes Broccoli WW Roll Fresh Fruit</p> | <p>13 <u>Chicken Cobb Salad</u> WW Crackers Fresh Fruit</p> | <p>14 <u>Fish Tacos</u> Spanish Rice Guacamole Fresh Fruit</p> | <p>15 <u>BBQ Pork Ribs</u> Cornbread Cole Slaw Fresh Fruit</p> | |
| <p>18 <u>Artichoke Mushroom Chicken</u> Mashed Red Potatoes WW Roll Fresh Fruit</p> | <p>19 <u>Swedish Meatballs</u> Green Beans Egg Noodles Fresh Fruit</p> | <p>20 <u>Chef Salad</u> WW Crackers Fresh Fruit</p> | <p>21 <u>Reuben Sandwich</u> Oven Fries Fresh Fruit</p> <p>*HIGH SODIUM DAY*</p> | <p>22 <u>Salmon Veracruz</u> Veggie Quinoa Fresh Fruit</p> | |
| <p>25 <u>Sweet & Sour Pork</u> Brown Rice Fresh Fruit</p> | <p>26 <u>Roast Beef Tri-Tip</u> Twice Baked Potatoes Broccoli Fresh Fruit</p> | <p>27 <u>Shrimp Louie Salad</u> WW Crackers Fresh Fruit</p> | <p>28 <u>Steak Quesadilla</u> Pico de Gallo Refried Beans Fresh Fruit</p> | <p>29 <u>Chicken Parmesan</u> Zucchini Penne Pasta Fresh Fruit</p> | |



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