

Sierra Senior Services Lunch Menu

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <u>Roast Pork Loin</u> Wild Rice Broccoli Fresh Fruit	3 <u>Coney Island Hot Dog</u> Beef Chili & Cheese Potato Salad Fresh Fruit *HIGH SODIUM DAY*	4 <u>Closed for Holiday</u> <u>Happy Independence Day!</u>	5 <u>Tuna Salad Wrap</u> WW Tortilla Lettuce & Tomato Fresh Fruit	6 <u>Chicken Cordon Bleu</u> Green Beans Mashed Potatoes WW Roll 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>
9 <u>Pork Piccata</u> Zucchini Spaghetti Fresh Fruit	10 <u>Flank Steak in Mushroom Sauce</u> Buttered Corn Barley Pilaf Fresh Fruit	11 <u>Pesto Pasta Salad</u> Chicken, Spinach, Tomatoes & Parmesan Fresh Fruit	12 <u>Philly Cheesesteak</u> Oven Fries Fresh Fruit	13 <u>Polynesian Mahi-Mahi</u> Stir Fried Veggies Brown Rice Fresh Fruit	
16 <u>Tomato & White Bean Soup</u> Grilled Cheese Sandwich Fresh Fruit	17 <u>Pork Schnitzel</u> Braised Red Cabbage Spätzle Fresh Fruit	18 <u>Shrimp Cocktail Salad</u> WW Crackers Fresh Fruit	19 <u>Meatloaf</u> Mashed Potatoes Green Beans WW Roll Fresh Fruit	20 <u>BBQ Chicken</u> Macaroni & Cheese Cole Slaw Fresh Fruit	
23 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit	24 <u>Beef & Broccoli</u> Brown Rice Fresh Fruit	25 <u>Turkey Club Salad</u> WW Crackers Fresh Fruit	26 <u>Saucy Pork Chop</u> Roasted Red Potatoes Zucchini WW roll Fresh Fruit	27 <u>Sautéed Salmon</u> Cucumber-Tomato Relish Cauliflower Couscous Fresh Fruit	
30 <u>Chicken Tikka Masala</u> Basmati Rice Peas & Carrots Naan Bread Fresh Fruit	31 <u>Cheeseburger</u> Oven Fries Fresh Fruit	 <p>Local Meals on Wheels Provider</p>	www.sierraseniors.org or Call 530-550-7600		



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