



Sierra Senior Services Lunch Menu

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Sierra Senior Services Local Meals on Wheels Provider</p>	www.sierraseniors.org or Call 530-550-7600	1 <u>Pork Milanese</u> Pasta Alfredo Zucchini Fresh Fruit	2 <u>Philly Cheesesteak</u> Green Salad Fresh Fruit	3 <u>Roasted Salmon</u> WW Couscous Green Beans Cucumber Dill Yogurt 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
6 <u>Beef & Broccoli</u> Brown Rice Fresh Fruit	7 <u>Chicken Tetrazzini</u> Spaghetti Fresh Fruit	8 <u>Flatbread Pizza</u> Green Salad Fresh Fruit *HIGH SODIUM DAY*	9 <u>Cod Almandine</u> Barley Pilaf Brussels Sprouts Fresh Fruit	10 <u>Split Pea & Ham Soup</u> Whole Wheat Roll Fresh Fruit	
13 <u>Roast Pork Loin</u> Green Beans Wild Rice Fresh Fruit	14 <u>Meatloaf</u> Mashed Potatoes Broccoli Whole Wheat Roll Fresh Fruit	15 <u>BBQ Chicken</u> Cole Slaw Mac & Cheese Fresh Fruit	16 <u>Teriyaki Shrimp</u> Stir Fry Noodles Fresh Fruit	17 <u>Beef Tacos</u> Spanish Rice Guacamole Fresh Fruit	
20 <u>Pork Chili Verde</u> Tortilla Chips Fresh Fruit	21 <u>Porcupine Meatballs</u> Sautéed Spinach Fresh Fruit	22 <u>Chicken Marsala</u> Zucchini WW Penne Pasta Fresh Fruit	23 CLOSED FOR HOLIDAY	24 CLOSED FOR HOLIDAY	
27 <u>Sweet & Sour Pork</u> Brown Rice Fresh Fruit	28 <u>Cheeseburger</u> Oven Fries Fresh Fruit	29 <u>Tuna Noodle Casserole</u> Green Salad Fresh Fruit	30 <u>Cranberry Orange Chicken</u> Sweet Potatoes Green Beans Bread Dressing Fresh Fruit		
					



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