

Sierra Senior Services Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
www.sierraseniors.org or Call 530-550-7600	1 CLOSED FOR HOLIDAY <i>Happy New Year 2019!</i>	2 <u>Beef & Bean Chili</u> Loaded Cornbread Fresh Fruit	3 <u>Chicken Marsala</u> WW Penne Zucchini Fresh Fruit	4 <u>Fish Tacos</u> Guacamole Spanish Rice Fresh Fruit	LUNCH is served 12:00-12:45 Monday through Friday Seniors 60 and over, a \$4.00 contribution per meal is requested for LUNCH Guests under 60, please pay \$8.00 for LUNCH MENU IS SUBJECT TO CHANGE
7 <u>Sweet & Sour Pork</u> Mixed Vegetables Brown Rice Fresh Fruit	8 <u>Beef Stew</u> Peas, Carrots & Potatoes Whole Wheat Roll Fresh Fruit	9 <u>Chicken Noodle Soup</u> Green Salad Fresh Fruit	10 <u>Philly Cheesesteak</u> Oven Fries Fresh Fruit	11 <u>Sautéed Salmon</u> Cucumber-Tomato Relish WW Couscous Fresh Fruit	
14 <u>Turkey ala King</u> Brown Rice Fresh Fruit	15 <u>Meatloaf</u> Mashed Potatoes Broccoli Whole Wheat Roll Fresh Fruit	16 <u>New England Clam Chowder</u> 3 Bean Salad Oyster Crackers Fresh Fruit	17 <u>Swedish Meatballs</u> Green Beans Egg Noodles Fresh Fruit	18 <u>Chicken Enchiladas</u> Tomatillo Sauce Refried Beans Fresh Fruit	
21 <u>Tuscan Roast Pork Loin</u> Zucchini Creamy Polenta Fresh Fruit	22 <u>Cheeseburger</u> Whole Wheat Bun Oven Fries Fresh Fruit	23 <u>Beef Barley Soup</u> Green Salad Fresh Fruit	24 <u>Mushroom Artichoke Chicken Breast</u> Mashed Red Potatoes Whole Wheat Roll Fresh Fruit	25 <u>Shrimp Scampi</u> Broccoli Spaghetti Fresh Fruit	
28 <u>Cheese Ravioli</u> Marinara Sauce Sautéed Spinach Fresh Fruit	29 <u>Flank Steak with Mushroom Sauce</u> Corn & Roasted Potatoes Whole Wheat Roll Fresh Fruit	30 <u>Tuna Melt</u> Green Salad Fresh Fruit	31 <u>Pork Schnitzel</u> Braised Red Cabbage Spaetzle Fresh Fruit		

