

# Sierra Senior Services Lunch Menu

# September 2018

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |  |
|---|--|---|---|---|--|
| <p><b>3</b></p> <p><b><u>Closed for Holiday</u></b></p> <p><b>Happy Labor Day!</b></p>                                    | <p><b>4</b></p> <p><b><u>Stuffed Bell Peppers</u></b><br/>Beef &amp; Brown Rice<br/>Fresh Fruit</p>            | <p><b>5</b></p> <p><b><u>Tuna Melt</u></b><br/>Green Salad<br/>Fresh Fruit</p>  | <p><b>6</b></p> <p><b><u>Italian Pork Cutlet</u></b><br/>Marinara Sauce<br/>Zucchini<br/>Cheesy Polenta<br/>Fresh Fruit</p>           | <p><b>7</b></p> <p><b><u>Turkey Tacos</u></b><br/>Lettuce &amp; Tomatoes<br/>Refried Beans<br/>Fresh Fruit</p>                  | <p>LUNCH is served 12:00-12:45 Monday through Friday</p> <p>Seniors 60 and over, a \$4.00 contribution per meal is requested for LUNCH</p> <p>Guests under 60, please pay \$8.00 for LUNCH</p> <p><b>MENU IS SUBJECT TO CHANGE</b></p> |
| <p><b>10</b></p> <p><b><u>Moroccan Chicken</u></b><br/>Almonds &amp; Raisins<br/>Whole Grain Couscous<br/>Fresh Fruit</p> | <p><b>11</b></p> <p><b><u>Meatloaf</u></b><br/>Mashed Potatoes<br/>Broccoli<br/>Wheat Roll<br/>Fresh Fruit</p> | <p><b>12</b></p> <p><b><u>Pesto Pasta Salad</u></b><br/>Chicken, Spinach,<br/>Tomatoes &amp; Parmesan<br/>Fresh Fruit</p> | <p><b>13</b></p> <p><b><u>Philly Cheesesteak</u></b><br/>with Mushrooms<br/>Onions &amp; Peppers<br/>Potato Salad<br/>Fresh Fruit</p> | <p><b>14</b></p> <p><b><u>Baked Stuffed Cod</u></b><br/>Green Beans<br/>Rice Pilaf<br/>Fresh Fruit</p>                          |  |
| <p><b>17</b></p> <p><b><u>Pork Piccata</u></b><br/>Zucchini<br/>Spaghetti<br/>Fresh Fruit</p>                             | <p><b>18</b></p> <p><b><u>Beef &amp; Broccoli</u></b><br/>Steamed Rice<br/>Fresh Fruit</p>                     | <p><b>19</b></p> <p><b><u>Shrimp Louie Salad</u></b><br/>WW Crackers<br/>Fresh Fruit</p>                                  | <p><b>20</b></p> <p><b><u>Chicken Tortilla Casserole</u></b><br/>Corn &amp; Black Beans<br/>Fresh Fruit</p>                           | <p><b>21</b></p> <p><b><u>Salisbury Steak</u></b><br/>Peas &amp; Carrots<br/>Mashed Potatoes<br/>Wheat Roll<br/>Fresh Fruit</p> |  |
| <p><b>24</b></p> <p><b><u>Adobo Chicken Thighs</u></b><br/>Stir Fried Veggies<br/>Brown Rice<br/>Fresh Fruit</p>          | <p><b>25</b></p> <p><b><u>Cheeseburger</u></b><br/>Whole Wheat Bun<br/>Oven Fries<br/>Fresh Fruit</p>          | <p><b>26</b></p> <p><b><u>Chef Salad</u></b><br/>Ham &amp; Turkey<br/>WW Crackers<br/>Fresh Fruit</p>                     | <p><b>27</b></p> <p><b><u>Beef Stroganoff</u></b><br/>Egg Noodles<br/>Green Beans<br/>Fresh Fruit</p>                                 | <p><b>28</b></p> <p><b><u>Citrus Glazed Salmon</u></b><br/>Cauliflower &amp; Spinach<br/>Barley Pilaf<br/>Fresh Fruit</p>       |  |
|   |  |   | <p><a href="http://www.sierraseniors.org">www.sierraseniors.org</a><br/>or<br/>Call 530-550-7600</p>                                  |    |  |

