

Sierra Senior Services Lunch Menu

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
1 <u>Closed for Holiday</u> <i>Happy New Year!</i>	2 <u>Beef & Broccoli</u> Brown Rice Fresh Fruit	3 <u>Deli Turkey Sandwich</u> Red Potato Salad Fresh Fruit *HIGH SODIUM DAY*	4 <u>Pork Chile Verde</u> Tortilla Chips Fresh Fruit	5 <u>Chicken Marsala</u> Zucchini WW Penne 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
8 <u>Stuffed Peppers</u> Beef & Brown Rice Cauliflower Fresh Fruit	9 <u>Pork Milanese</u> Alfredo Pasta Green Beans Fresh Fruit	10 <u>Shepherd's Pie</u> Green Salad WW Roll Fresh Fruit	11 <u>Asian Chicken Thighs</u> Stir Fry Noodles with Vegetables Fresh Fruit	12 <u>Lemon Herb Cod</u> Barley Pilaf Broccoli Fresh Fruit	
15 <u>Pork Piccata</u> Zucchini Spaghetti Fresh Fruit	16 <u>Meatloaf</u> Mashed Potatoes Green Beans WW Roll Fresh Fruit	17 <u>Chicken Pot Pie</u> Green Salad Fresh Fruit	18 <u>Coconut Shrimp Curry</u> Brown Rice Fresh Fruit	19 <u>Steak Quesadilla</u> WW Tortilla Refried Beans Pico de Gallo Fresh Fruit	
22 <u>Chicken Cacciatore</u> Creamy Polenta Fresh Fruit	23 <u>Roast Pork Loin</u> Zucchini Wild Rice Fresh Fruit	24 <u>Beef & Spinach Lasagna</u> Green Salad Fresh Fruit	25 <u>Roasted Salmon</u> Dill Yogurt, Green Beans WW Couscous Fresh Fruit	26 <u>Beef Stew</u> Potatoes, Peas & Carrots WW Roll Fresh Fruit	
29 <u>Spaghetti & Meatballs</u> Marinara Sauce Zucchini Fresh Fruit	30 <u>Cashew Chicken</u> Brown Rice Fresh Fruit	31 <u>Tuna Noodle Casserole</u> Green Salad Fresh Fruit			
				www.sierraseniors.org or Call 530-550-7600	

