

# Sierra Senior Services Lunch Menu

# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	 <p>LUNCH is served 12:00-12:45 Monday through Friday</p> <p>Seniors 60 and over, a \$5.00 contribution per meal is requested for LUNCH</p> <p>Guests under 60, please pay \$8.00 for LUNCH</p> <p>MENU IS SUBJECT TO CHANGE</p>
<b>1</b> <b><u>Sweet &amp; Sour Pork</u></b> Mixed Vegetables Steamed Rice Fresh Fruit	<b>2</b> <b><u>Chicken Enchiladas</u></b> Tomatillo Sauce Refried Beans Fresh Fruit	<b>3</b> <b><u>Coney Island Hot Dog</u></b> Beef Chili & Cheese Potato Salad Fresh Fruit *HIGH SODIUM DAY*	<b>4</b> <b><u>CLOSED FOR HOLIDAY</u></b> Happy Independence Day!	<b>5</b> <b><u>CLOSED FOR HOLIDAY</u></b>	
<b>8</b> <b><u>Roast Pork Loin</u></b> Barley Pilaf Corn & Peppers Fresh Fruit	<b>9</b> <b><u>Teriyaki Chicken</u></b> Steamed Rice Peas & Carrots Fresh Fruit	<b>10</b> <b><u>Tuna Salad</u></b> Romaine & Tomatoes Crackers Fresh Fruit	<b>11</b> <b><u>Swedish Meatballs</u></b> Egg Noodles Green Beans Fresh Fruit	<b>12</b> <b><u>Moroccan Chicken</u></b> Almonds & Raisins Couscous Fresh Fruit	
<b>15</b> <b><u>Cheese Ravioli</u></b> Marinara Sauce Sautéed Spinach Fresh Fruit	<b>16</b> <b><u>Meatloaf</u></b> Mashed Potatoes Broccoli Wheat Roll Fresh Fruit	<b>17</b> <b><u>Shrimp Louie Salad</u></b> Cucumber & Tomato Crackers Fresh Fruit	<b>18</b> <b><u>Chicken Marsala</u></b> Zucchini Penne Pasta Fresh Fruit	<b>19</b> <b><u>Saucy Pork Chop</u></b> Rice Pilaf Green Beans Fresh Fruit	
<b>22</b> <b><u>Beef &amp; Broccoli</u></b> Steamed Rice Fresh Fruit	<b>23</b> <b><u>Italian Pork Cutlet</u></b> Peperonata Creamy Polenta Fresh Fruit	<b>24</b> <b><u>Chef Salad</u></b> Turkey & Cheese Crackers Fresh Fruit	<b>25</b> <b><u>Cheeseburger</u></b> Wheat Bun Oven Fries Fresh Fruit	<b>26</b> <b><u>Cod Veracruz</u></b> Tomato, Olive & Caper Veggie Quinoa Fresh Fruit	
<b>29</b> <b><u>Smothered Pork Chop</u></b> Mushroom Gravy Rice Pilaf Zucchini Fresh Fruit	<b>30</b> <b><u>Salisbury Steak</u></b> Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	<b>31</b> <b><u>Pesto Pasta Salad</u></b> Chicken, Tomato & Baby Spinach Fresh Fruit		<a href="http://www.sierraseniors.org">www.sierraseniors.org</a> or Call 530-550-7600	

