

Sierra Senior Services Lunch Menu

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
3 <u>Pork Chile Verde</u> Tortilla Chips Fresh Fruit	4 <u>Beef Stroganoff</u> Broccoli Egg Noodles Fresh Fruit	5 <u>Turkey Wild Rice Soup</u> Green Salad Fresh Fruit	6 <u>Salisbury Steak</u> Peas & Carrots Mashed Potatoes Whole Wheat Roll Fresh Fruit	7 <u>Baked Stuffed Cod</u> Green Beans Rice Pilaf 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
10 <u>Cashew Chicken</u> Mixed Vegetables Brown Rice Fresh Fruit	11 <u>Coney Island Dog</u> Beef Chili Sauce Potato Salad Fresh Fruit *HIGH SODIUM DAY*	12 <u>Split Pea & Ham Soup</u> Green Salad Whole Wheat Roll Fresh Fruit	13 <u>Hungarian Goulash</u> Cauliflower Egg Noodles Fresh Fruit	14 <u>Salmon Veracruz</u> Veggie Quinoa Fresh Fruit	
17 <u>Roast Pork Loin</u> Honey Mustard Glaze Cornbread Dressing Squash & Apples Fresh Fruit	18 <u>Meatloaf</u> Mashed Potatoes Broccoli Whole Wheat Roll Fresh Fruit	19 <u>Chicken Parmesan</u> Zucchini Whole Grain Penne Fresh Fruit	20 <u>Cheeseburger</u> Whole Wheat Bun Oven Fries Fresh Fruit	21 <u>Shrimp Creole</u> Cauliflower Rice Pilaf Fresh Fruit	
24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26 <u>Tuna Noodle Casserole</u> Green Salad Fresh Fruit	27 <u>Roast Beef Tri-Tip</u> Broccoli Mushroom Barley Pilaf Fresh Fruit	28 <u>Roast Turkey</u> Green Beans Mashed Potatoes Bread Dressing Fresh Fruit	
					
31 CLOSED FOR HOLIDAY <i>Goodbye 2018!</i>			www.sierraseniors.org or Call 530-550-7600		

