

Barbara Lee Senior Center

# April 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Teriyaki Chicken <i>or</i> <b>Sauteed Beef with Vegetables</b></p>	<p>5 Baked Fish with  Lemon Sauce and Black Bean &amp; Kale Soup</p>	<p>6 BBQ Pulled Pork Sandwich</p>	<p>7 Meatloaf with Gravy <i>or</i> <b>Curry Chickpeas with Tofu &amp; Bell Peppers</b></p>	<p>8 Chicken &amp; Black Bean Casserole</p>
Alternate Choices: Chicken Caesar Salad <i>or</i> Veggie Black Bean & Orzo Salad <i>or</i> Turkey & Grape Wrap <i>or</i> Veggie Grilled Cheese Sandwich				
<p>11 Turkey Tetrazzini <i>or</i> <b>Vinegar Spareribs</b></p>	<p>12 Coriander Chicken with Mango Salsa</p>	<p>13 Baked Beef  Rigatoni &amp; Tuscan Bean Soup</p>	<p>14 Sweet &amp; Sour Pork <i>or</i> <b>Tomato Chicken with Egg</b></p>	<p>15 Fish Sandwich with Lemon &amp; Tartar Sauce</p>
Alternate Choices: Santa Fe Chicken Salad <i>or</i> Veggie Spinach, Walnut & Cranberry Salad <i>or</i> Roast Pork Sandwich <i>or</i> Veggie Sandwich				
<p>18 Roast Pork with Apples <i>or</i> <b>Garlic Chicken</b></p>	<p>19 Chile Relleno Casserole</p>	<p>20 Italian Herbed Chicken</p>	<p>21 Beef Loin with  Gravy &amp; Navy Bean Soup <i>or</i> <b>Fish with Black Bean</b></p>	<p>22 Creamy Turkey with Vegetables</p>
Alternate Choices: Brazilian Pork Salad <i>or</i> Veggie Lentil Salad <i>or</i> Tuna Salad Sandwich <i>or</i> Veggie Wrap				
<p>25 Baked Fish with Lemon &amp; Tartar <i>or</i> <b>Spareribs with Black Bean Sauce</b></p>	<p>26 Chicken &amp; Barley Casserole</p>	<p>27 Beef Hamburger with Cheese</p>	<p>28 Chicken Scaloppini <i>or</i> <b>Mongolian Beef</b></p>	<p>29 Ginger Pork &amp;  Miso Soup</p>
Alternate Choices: Chinese Chicken Salad <i>or</i> Veggie Spinach, Almond & Egg Salad <i>or</i> Waldorf Turkey Pita <i>or</i> Veggie Patty Burger				

- **Call (408) 586-3413 to make or cancel your reservation.** Reservations are required to guarantee a lunch. *If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.*
- **Reservations must be made by Noon (12:00 pm) 2 days before you plan to attend (order by Noon on Thursday for a Monday lunch).**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List.
-  Indicates meals that exceed 1,000 mg of sodium.
- Meals are to be eaten at the lunch program. Taking meals from the lunch room is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350°F oven until bubbly for 5 minutes. Discard any food left after 3 days.