

Barbara Lee Senior Center  
**June 2015 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BBQ Chicken <i>or</i> <b>Pork Chop with Onion</b></p>	<p>2 Roast Beef with Gravy &amp; Tomato Basil Soup </p>	<p>3 Fish (breaded) Sandwich</p>	<p>4 Sesame Pork <i>or</i> <b>Chicken with Mixed Vegetables</b></p>	<p>5 Beef Hamburger with Cheese</p>
<p>Alternate Choices: Turkey Cobb Salad <i>or</i> Veggie Cottage Cheese Salad <i>or</i> Tuna Salad Sandwich <i>or</i> Veggie Wrap</p>				
<p>8 Baked Tilapia with Salsa <i>or</i> <b>Korean-Style Pork Chop</b></p>	<p>9 Roast Turkey with Gravy</p>	<p>10 Orange Glazed Chicken with Minestrone Soup </p>	<p>11 Meatloaf with Gravy <i>or</i> <b>Fish with Black Bean Sauce</b></p>	<p>12 Pineapple Glazed Pork</p>
<p>Alternate Choices: Chef Salad <i>or</i> Veg Black Bean &amp; Orzo Salad <i>or</i> Roast Beef on Rye Sandwich <i>or</i> Black Bean Burger</p>				
<p>15 Rosemary Turkey with Gravy <i>or</i> <b>Kung Pao Chicken</b></p>	<p>16 BBQ Pulled Pork on Bun <i>Birthday Celebration April-June</i> </p>	<p>17 Fish with Ginger Sauce</p>	<p>18 Chicken Parmesan <i>or</i> <b>Mongolian Beef</b></p>	<p>19 Seafood Salad with Black Bean &amp; Kale Soup </p>
<p>Alternate Choices: BBQ Chicken Salad <i>or</i> Spinach, Walnut, Berry Salad <i>or</i> Turkey Sandwich <i>or</i> Egg Salad Sandwich</p>				
<p>22 Herbed Roasted Pork with Applesauce <i>or</i> <b>Scrambled Eggs with Bay Shrimps</b></p>	<p>23 Rotisserie Chicken &amp; Lentil Soup </p>	<p>24 Combination Flatbread Pizza</p>	<p>25 Italian-Style Flounder <i>or</i> <b>Lion Head Meatballs</b></p>	<p>26 Chicken Fajitas with Bell Peppers</p>
<p>Alternate Choices: Chinese Chicken Salad <i>or</i> Lentil Salad <i>or</i> Vietnamese Pork Sandwich <i>or</i> Veggie Pita</p>				
<p>29 Roast Beef with Gravy <i>or</i> <b>Japanese-Style BBQ Chicken</b></p>	<p>30 Pork Marsala</p>	<p>July 1 BBQ Pork Ribs <i>(July 4th Celebration Lunch)</i> </p>	<p>2 Lemon Herbed Chicken <i>or</i> <b>Fish with Tomato Curry Sauce</b></p>	<p>3 <b>Senior Center Closed for July 4th Holiday</b> </p>
<p>Alternate Choices: Turkey &amp; Citrus Salad <i>or</i> Tuscan Bean Salad <i>or</i> Chicken Salad Sandwich <i>or</i> Lentil &amp; Feta Wrap</p>				

- **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.