Barbara Lee Senior Center

November 2015 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roast Beef with Gravy *or* **Lemon Grass Pork**	3 Crusted Fish with Lemon	4 Rotisserie Chicken & Black Bean & Kale Soup	5 Beef Butternut Squash Stew *or* **Ginger Beef with Green Onions**	6 Pork Chop with Onion Gravy
Alternate Choices: Chinese Chicken Salad *or* Lentil Salad *or* Waldorf Turkey Pita *or* Veggie Burger				
9 Mushroom Chicken *or* **Fish with Tomato Curry**	10 Asian Pork Tenderloin & Corn Chowder Soup	11 ***Senior Center Closed for Veterans Day Holiday***	12 Chicken Scaloppini *or* **Japanese-Style BBQ Chicken**	13 Lemon Garlic Tilapia
Alternate Choices: BBQ Chicken Salad *or* Veggie Black Bean & Quinoa Salad *or* Vietnamese Pork Sandwich *or* Veggie Pita				
16 Sweet & Sour Pork *or* **Chicken with Mushroom Black Pepper Sauce**	17 Beef Stuffed Bell Pepper	18 Sweet Hot Mustard Chicken	19 Rosemary Turkey with Gravy & Pumpkin Soup *or* **Braised Spare Ribs with Pumpkin**	20 BBQ Chicken
Alternate Choices: Santa Fe Chicken Salad *or* Cottage Cheese & Fruit Salad *or* Turkey Grape Wrap *or* Egg Salad Sandwich				
23 Open Faced Turkey Sandwich *or* **Beef Shank with Chinese Turnip**	24 Thankgsiving Lunch Roast Turkey with Gravy & Cranberry	25 Broiled Tilapia Parmesan	26 ***Senior Center Closed for Thanksgiving Holiday***	27
Alternate Choices: Chicken Caesar Salad *or* Black Bean & Orzo Salad *or* Roast Beef on Rye Sandwich *or* Veggie Wrap				
30 Lemon Herbed Chicken *or* **Taiwan Minced Pork with Egg**	1 Roast Beef with Gravy	2 Pineapple Glazed Pork & Vegetable Soup	3 Chili Rellenos Casserole *or* **Cilantro Chicken**	4 Spaghetti with Meatballs
Alternate Choices: Chef Salad *or* Spinach/Walnut/Cranberry Salad *or* Turkey Sandwich *or* Black Bean 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.