

October 2014 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 Baked Fish (unbreaded) with Lemon & Tartar Sauce or Beef Shank with Chinese Turnip	7 Honey Pecan Chicken	8 Pineapple Glazed Pork	9 Open Face Hot Turkey Sandwich or Scrambled Egg with Bay Shrimp	10 Beef Stuffed Bell Peppers & Tuscan Bean Soup 
Alternate Choices: Chef Salad <i>or</i> Black Bean & Orzo Salad <i>or</i> Tuna Sandwich <i>or</i> Veggie Pita				
13 Roast Herb Chicken or Taiwan Minced Pork with Egg	14 Roast Beef with Gravy & Minestrone Soup 	15 Chicken Stew or Korean-Style Pork	16 Spaghetti with Meatballs or Cilantro Chicken	17 Honey Mustard Chicken
Alternate Choices: Chinese Chicken Salad <i>or</i> Nicoise Veggie Salad <i>or</i> Roast Beef Sandwich <i>or</i> Veggie Burger				
20 Roast Turkey with Gravy or Kung Pao Chicken	21 Fish (breaded) Sandwich with Lemon & Tartar Sauce	22 Herbed Crusted Pork	23 Chicken Fajita & Tortilla Soup  or Fried Fish Patty w/ Egg, Cilantro & Green Onion	24 Beef Stuffed Cabbage Roll
Alternate Choices: Chicken Cranberry Salad <i>or</i> Creamy Cucumber Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Wrap				
27 BBQ Pulled Pork or Steamed Eggplant with Fish	28 Beef Burgundy Stew	29 Chicken Parmesan & Vegetable Soup 	30 Roast Beef or Pork Chop with Onions	31 Fish (unbreaded) with Lemon & Tartar Sauce
Alternate Choices: Turkey Cobb Salad <i>or</i> Cottage Cheese & Fruit Salad <i>or</i> Turkey Wrap <i>or</i> 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.
- 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.