

September 2015 Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Aug 31 Sweet & Sour Pork <i>or</i> Fish with Eggplant	September 1 Chicken Scallopini	2 Open Faced Turkey Sandwich with Gravy	3 Lasagna (veg) & Chicken Orzo  Soup <i>or</i> Beef with Vegetables	4 Beef Hamburger (<i>Labor Day Celebration Lunch</i>)
Alternate Choices: Santa Fe Chicken Salad <i>or</i> Spinach, Almond & Egg Salad <i>or</i> Turkey & Grape Wrap <i>or</i> Grilled Veggie & Cheese on Sourdough				
7 Senior Center Closed for Labor Day Holiday 	8 Roast Beef with Gravy & Tomato Basil Soup 	9 Fish (breaded) Sandwich	10 Sesame Pork <i>or</i> Chicken with Mixed Vegetables	11 Beef Hamburger with Cheese
Alternate Choices: Turkey Cobb Salad <i>or</i> Veggie Cottage Cheese Salad <i>or</i> Tuna Salad Sandwich <i>or</i> Veggie Wrap				
14 Baked Tilapia with Salsa <i>or</i> Korean-Style Pork Chop	15 Roast Turkey with Gravy	16 Orange Glazed Chicken with Minestrone Soup 	17 Meatloaf with Gravy <i>or</i> Fish with Black Bean Sauce	18 Pineapple Glazed Pork
Alternate Choices: Chef Salad <i>or</i> Veg Black Bean & Orzo Salad <i>or</i> Roast Beef on Rye Sandwich <i>or</i> Black Bean Burger				
21 Rosemary Turkey <i>or</i> Kung Pao Chicken	22 BBQ Pulled Pork on Bun	23 Fish with Ginger Sauce	24 Chicken Parmesan <i>or</i> Mongolian Beef	25 Seafood Salad with Black Bean & Kale Soup 
Alternate Choices: BBQ Chicken Salad <i>or</i> Spinach, Walnut, Berry Salad <i>or</i> Turkey Sandwich <i>or</i> Egg Salad Sandwich				
28 Herbed Roasted Pork with Applesauce <i>or</i> Scrambled Eggs with Bay Shrimps	29 Rotisserie Chicken with Lentil Soup 	30 Combination Flatbread Pizza	October 1 Italian-Style Flounder <i>or</i> Lion Head Meatballs	2 Chicken Fajitas with Bell Peppers
Alternate Choices: Chinese Chicken Salad <i>or</i> Lentil Salad <i>or</i> Vietnamese Pork Sandwich <i>or</i> Veggie Pita				

- **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.