

# October 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Chop with Onion Gravy <i>or</i> <b>Mongolian Beef</b>	4 Chicken Marsala	5 Meat Loaf with Gravy	6 Baked Fish (unbreaded) with Tartar Sauce & Manhattan Seafood Chowder <i>or</i> <b>Kung Pao Chicken</b>	7 Beef Cabbage Roll
Alternate Choices: Chef Salad or Veggie Bean Salad or Tuna Salad Sandwich or Veggie Pita Sandwich				
10 Lemon Herbed Chicken Breast <i>or</i> <b>Fish with Black Bean Sauce</b>	11 Stir Fry Pork with Broccoli	12 Ginger Fish	13 Spaghetti with Meatballs <i>or</i> <b>Garlic Chicken</b>	14 Macaroni & Cheese with Tomato Soup
Alternate Choices: Chinese Chicken Salad or Veggie Spinach, Almond & Egg Salad or Roast Beef Sandwich or Veggie Burger				
17 Roast Turkey with Gravy <i>or</i> <b>Lemon Grass Pork</b>	18 Chicken Adobo & Filipino Sour Soup	19 Vegetarian Quiche with Spinach & Onion	20 Roast Pork with Gravy <i>or</i> <b>Beef Shank with Chinese Turnip</b>	21 Chicken Scallopini
Alternate Choices: Thai Chicken & Mango Salad or Veggie Black Bean & Orzo Salad or Turkey Sandwich or Veggie Grilled Cheese Sandwich				
24 Vegetarian Chili <i>or</i> <b>Chicken with Mixed Vegetables</b>	25 BBQ Pulled Pork	26 Beef Stuffed Bell Peppers	27 Sesame Chicken & Wild Rice Soup <i>or</i> <b>Japanese Style BBQ Chicken</b>	28 Broiled Tilapia with Parmesan
Alternate Choices: Turkey Cobb Salad or Veggie Cottage Cheese & Fruit Salad or Chicken Salad Sandwich or Veggie Black Bean Burger				
31 Orange Glazed Chicken <i>or</i> <b>Lion Head Meatballs</b>	Nov 1 Beef Stew with Vegetables	2 Rosemary Chicken Breast & Tuscan Bean Soup	3 Baked Fish (breaded) w/ Lemon & Tartar Sauce <i>or</i> <b>Beef with Vegetables</b>	4 Roast Pork with Gravy
Alternate Choices: Greek Chicken Salad or Veggie Green Pea Salad or Roast Pork Sandwich or Veggie Wrap				

- **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) 1 day before you plan to attend (order by Noon on Friday 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.