






Barbara Lee Senior Center

MARCH 2019 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
4 Pork Fried Rice or Beef with Chu Hou Sauce	5 Mediterranean-Style Chicken and Figioli Soup 	6 Spaghetti & Meatballs (ground beef & turkey)	7 Baked Fish with Dill Sauce & Lemon Wedge or Baked Chicken w/ Onion Sauce	8 Cheese Enchilada
Alternate Choices: Chicken Caesar Salad or Veggie Italian Chopped Salad or Roast Beef Sandwich or Veggie Boca Patty Burger				
11 BBQ Chicken  or Baked Chicken with Garlic	12 Meatloaf (beef & turkey mixture) and Minestrone Soup	13 Fish with Soy Sauce, Ginger & Scallions	14 Chicken with Paprika Cream Sauce or Baked Pork Chop with Honey & Black Pepper	15 Corned Beef & Cabbage 
Alternate Choices: Hawaiian Pork Salad or Veggie Spinach, Almond & Egg Salad or BBQ Chicken Sandwich or Mediterranean Veggie Wrap				
18 Shepherd's Pie (beef & turkey mixture) or Minced Pork Patty & Water Chestnut & Corn	19 Roast Pork with Apple Berry Sauce and Potato & Leek Soup Quarterly Birthday Party (Jan-Mar) 	20 Chicken Chop Suey	21 Beef Chile Colorado or Baked Drumsticks with Five Spice	22 Italian Fish with Lemon Wedge
Alternate Choices: Waldorf Chicken Salad or Veggie Cottage Cheese & Fruit Salad or Turkey Wrap or Veggie Black Bean Burger				
25 Beef Burgundy or Baked Chicken with Soy Sauce	26 Chicken Pastina	27 BBQ Pulled Pork Sandwich	28 Oriental Shoyu Chicken & Asian Veg Soup or Steamed Pork with Bean Sauce	29 Broccoli & Cheese Frittata
Alternate Choices: Chicken Orzo Salad or Veggie Orange, Beet & Quinoa Salad or Tuna Sandwich or Veggie Hummus 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) 1 day before you plan to attend (order by Noon on Friday for a Monday lunch).** For Asian-style meals (bold type), please call 2 days in advance.
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In for lunch 10:30-11:45 am. Unchecked-in lunches will be released to the Waiting List after 11:45 am.
-  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.