



# JANUARY 2023 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Chicken Pot Pie or Roast Beef & Cheese Sandwich (w)	4 Baked Chicken w/ Ginger Sauce or Szechuan Pork	5 Minced Beef w/ Tomato Sauce or Coconut Curry Chicken	6 Pasta w/ Beef & Turkey Meat Sauce 
<b>Alternate Choices:</b> Vegetarian Cottage Cheese Salad or Vegetarian Wrap with Feta Cheese				
9 Mongolian Beef w/ Brown Rice or Chicken w/ Ginger Scallion Sauce	10 Vegetarian Meatballs w/ Kofta Curry Sauce or Turkey & Cranberry Sandwich (w)	11 Baked Fish w/ Bean Sauce or Turkey Vegetable Stew	12 Shredded Pork w/ Pickled Cabbage or Roast Pork w/ Apple Chutney	13 Garlic Rosemary Chicken 
<b>Alternate Choices:</b> Vegetarian Spinach, Cranberry, Walnut & Egg Salad or Vegetarian Black Bean Burger with Cheese				
16 	17 Sweet & Sour Pork or Tuna Salad Sandwich (w)	18 Baked Chicken w/ Laksa Sauce or Pollo a la Crema (chicken)	19 Baked Fish w/ Thai Chili Sauce or Fish Vera Cruz	20 Beef & Turkey Enchilada Casserole 
<b>Alternate Choices:</b> Vegetarian Cottage Cheese Fruit Salad or Vegetarian Hummus Wrap w/ Feta Cheese				
23 Baked Chicken Wings w/ Five Spices or Vegetarian Garbanzo Bean Stew	24 Baked Chicken w/ Creamy Tuscan Sauce or Curry Apple & Chicken Wrap (w)	25 Baked Pork Chop w/ Maggi Sauce or Beef & Turkey Chili Mac	26 Baked Chicken Thigh w/ Basil Pesto Sauce or BBQ Breaded Chicken Sandwich	27 Baked Fish w/ Lemon Sauce 
<b>Alternate Choices:</b> Vegetarian Mediterranean Salad or Vegetarian Boca Burger with Cheese				
30 Baked Pork w/ Fermented Bean Curd or Beef & Turkey Shepherd's Pie	31 Bake Breaded Fish Sandwich or Chinese Chicken Salad (s)	1 Baked Fish w/ Sweet Vinegar or Arroz con Pollo (chicken)	2 Beef w/ Garlic Sauce or Pork Char Siu	3 Calabacitas con Pollo (chicken & zucchini) 
<b>Alternate Choices:</b> Vegetarian Three Bean Barley Salad or Vegetarian Egg Salad Sandwich				

**Lunch reservations can be made up to one week in advance only**

1. Call (408) 586-3413 and leave a message to make or cancel your reservation.
2. Reservations are required to guarantee a lunch and must be done by Noon (12:00 p.m.) one day before (order on Friday for Monday.)
3. Suggested contribution is \$3 for seniors 60 years and older. Guest under 60 are required to pay \$9.00 per meal.
4. Lunch check-in 10:30 a.m. - 11:45 a.m. Participants must check-in by 11:45 a.m. and seated by 11:55 a.m. to receive meal.
5. Unclaimed lunches will be released to the waiting list at 11:50 a.m.
6. Taking food from the lunch program is done at your own risk and should be eaten or refrigerated within 30 minutes.
7. When reheating food, reheat at 350 F degrees or until bubbly for 15 minutes with an internal temperature of 165 F degrees
8. Indicates 1,000 mg of sodium. Indicates Vegetarian meal Indicates soup. Indicates brain health
9. All meals will be served at 12 p.m. and includes milk and a seasonal fruit of the day.
10. Enjoy!! Dining room closes at 1:00 p.m.