



MONDAY

**SENIOR
LUNCH**

program

Age 60+
Mondays at Noon
at the Danville Senior Center

\$3 suggested contribution
for participants 60 years and older is welcome.

Reservations can be made by
calling 925-314-3430
by noon on the Friday before attendance.

Selections include a regular entrée, vegetarian
entrée, or the salad of the month.

**Current menu options on the back. For more
information visit: www.danville.ca.gov/seniors.**

PRESENTED BY CONTRA COSTA COUNTY
& THE TOWN OF DANVILLE



 MONDAY

SENIOR LUNCH program

July Menu:

JULY 7

Spanish Rice with Chicken
Pinto Beans
Zucchini
Orange Juice
Brownie

Vegetarian Option:

Vegetable Fried Rice with Egg & Edamame
Broccoli
Bean Medley
Fruit/Dessert

JULY 14

Cheese Omelet with Salsa
Pork Sausage Patty
Diced Red Potatoes
Spinach
Blueberry Muffin
Fresh Orange

Vegetarian Option:

Cheesy Penne Bake
Mixed Beans
Scandinavian Vegetables
Fruit/Dessert

JULY 21

Mock Crab Salad Sandwich with Lettuce, Tomato, & Onion on Whole Wheat Bread
Lentil Soup
Kidney Bean Salad with Carrots
Mandarin Oranges

Vegetarian Option:

Bean & Cheese Burrito with Enchilada Sauce
Fiesta Vegetables
Mexicali Corn
Fruit/Dessert

JULY 28

Baked Chicken with Marsala Sauce
Penne Pasta
Italian Vegetables
Tossed Salad with Caesar Dressing
Applesauce

Vegetarian Option:

Tofu & Veggie Medley over Brown Rice
Stir Fry Vegetables
Green Peas
Fruit/Dessert



All meals served with lowfat milk. Two daily alternative entree choices: vegetarian or featured entree salad: Cranberry Walnut Chicken with Balsamic Vinaigrette.



DANVILLE
CALIFORNIA