



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: danville.ca.gov/seniors.**

PRESENTED BY CONTRA COSTA COUNTY
& THE TOWN OF DANVILLE



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SENIOR LUNCH

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September Menu:

SEPTEMBER 8

Butter Chicken with
Brown Rice
Lentil & Garbanzo Soup
Ginger Carrots
Mixed Green Salad with
Balsamic Vinaigrette
Fresh Orange
Cookie

Vegetarian Option:

Vegetarian Burger with
Lettuce, Tomato, Onion,
Mayo, & Mustard and a
Whole Grain Bun
Brussels Sprouts
Stewed Tomatoes
Fruit/Dessert

SEPTEMBER 15

Meatloaf with Gravy
Whipped Potatoes
Green Beans
Carrot Raisin Salad
Whole Wheat Roll with
Butter
Fresh Honeydew

Vegetarian Option:

Tofu Crispy Pad Thai
with Noodles
Stir Fry Vegetables
Cauliflower
Whole Wheat Roll
with Butter
Fruit/Dessert

SEPTEMBER 22

Sweet & Sour Pork
with Brown Rice
Asian Vegetable Soup
California Vegetables
Cabbage
Seasonal Fresh Fruit

Vegetarian Option:

Spaghetti with
Vegetarian Meatballs &
Marinara Sauce
Scandinavian Veggies
Green Beans with Red
Peppers
Fruit/Dessert

SEPTEMBER 29

Yogurt Dill Turkey
Salad Sandwich with
Lettuce, Tomato, and
Onion on Whole Wheat
Bread
Split Pea Soup
Broccoli Ranch Salad
Seasonal Fresh Fruit

Vegetarian Option:

Vegetarian Sloppy Joe
on a Whole Grain Bun
Harvard Beets
Italian Vegetables
Fruit/Dessert



Lunch will not be served on Monday, September 1 in observance of Labor Day. All meals served with lowfat milk. Two daily alternative entrée choices: vegetarian or featured entrée salad (BBQ Chicken).



DANVILLE
CALIFORNIA