




SEPTEMBER LUNCH MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>The Fair Oaks Nutrition Program Monday thru Fridays from 11:30-12:30pm is subsidized by Funs through the Older American Act. The suggested donation for our meals is \$ 3.50 for adults age 60 and older. Service will not be denied if a contribution is not made. Reservations are required please contact (650)780-7525 to sign up and reserve your meal. All menu items are subject to change, based upon availability *</p> | | | | <p>1 Chicken Burger w/ blue cheese and chives, Spinach, broccoli and Carrot salad.</p> |
|  | <p>5 BBQ Pork Ribs Cabbage & Brussel Sprout Salad.</p> | <p>6 Fisch Vera Cruz, Salsa Verde Sauce, Spanish Rice Green Beans and Mushrooms</p> | <p>7 Spiced Oven Roasted Chicken Quarter Mashed Potatoes & Peas and corn.</p> | <p>8 Linguine Marinara & Meatballs Garden Salad Zucchini and Mushrooms.</p> |
| <p>11 Italian Style Meatloaf Creamy Baked Polenta Arugula Salad</p> | <p>12 Steak w Mashed Potatoes & Gravy Green Cauliflower & Carrots.</p> | <p>13 Chicken Florentine Penne Pasta Green salad, peppers, onions and beans.</p> | <p>14 Turkey Kabobs with Cous Cous, peas & corn medley, spring salad.</p> | <p>15 Tempura Salmon Broccoli & Carrot Slaw Salad.</p> |
| <p>18 Chicken Breast Wheat Pasta Garden salad Broccoli & Carrot.</p> | <p>19 Pork enchiladas casserole Rice & beans, cabbage salad pepper and onions.</p> | <p>20 Garlic Shrimp Brown Rice, ginger salad cabbage and carrots.</p> | <p>21 Ricotta cheese Raviolis w/pesto with baked lemon chicken cream, Zucchini & Squash</p> | <p>22 Pork Loin wheat pasta Brussel Sprouts and Carrot</p> |
| <p>25 Grilled Cod Served over Israeli Cous Cous, and green beans.</p> | <p>26 Baked Salmon w/ lemon butter sauce brown rice pilaf green beans & Cauliflower.</p> | <p>27 Chicken parmesan wheat pasta garden salad, zucchini and carrots.</p> | <p>28 Beef carrots celery, potatoes, green salad, Broccoli and carrots</p> | <p>29 Pasta Puttanesca w/ chicken. tomatoes, olive oil, garlic, wheat pasta served w/ salad</p> |