



# October 2019 Lunch Menu



Pinole Senior Center 2500 Charles Avenue Pinole CA 94564 510 724 9800

Mon	Tue	Wed	Thu	Fri
Dining Room Open for Lunch Mon - Thurs at 12 noon, Fri at 11:30am Menu items subject to change <i>*Advanced ticket purchase required for Special Luncheons*</i>	1 <b>Fettuccine Alfredo With Italian Sausage Vegetables Soup/Salad Dessert</b>	2 <b>Salmon Baked Potato Vegetables Soup/Salad Dessert</b>	3 <b>Bacon &amp; Cheddar Quiche Mixed Vegetables Soup/Salad Dessert</b>	4 <b>Patty Melt Macaroni Salad Soup Dessert</b>
7 <b>Stuffed Bell Pepper Vegetables Soup/Salad Dessert</b>	8 <b>BBQ Ribs Baked Beans Vegetables Soup/Salad Dessert</b>	9 <b>Cheese Ravioli With Marinara Sauce Vegetables Soup/Salad Dessert</b>	10 <b>Chicken With Portobello Mushroom Sauce Soft Polenta Vegetables Soup/Salad Dessert</b>	11 <b>Philly Cheesesteak Sandwich Coleslaw Soup Dessert</b>
14 <b>Meatloaf Mashed Potatoes Vegetables Soup/Salad Dessert</b>	15 <b>Fish Filet Rice Pilaf Vegetables Soup/Salad Dessert</b>	16 <b>Tuna Noodle Casserole Vegetables Soup/Salad Dessert</b>	17  <b>Halloween Luncheon</b>	18 <b>Turkey Taco Bowl Soup Dessert</b>
21 <b>Baked Ham Whipped Sweet Potato Vegetables Soup/Salad Dessert</b>	22 <b>Beef &amp; Broccoli Over Rice Vegetables Soup/Salad Dessert</b>	23 <b>Open Faced Hot Turkey Stuffing Vegetables Soup/Salad Dessert</b>	24 <b>Liver &amp; Onions Mashed Potatoes Vegetables Soup/Salad Dessert</b>	25 <b>Chef's Salad (Turkey, Ham, Egg, Tomato, Cheese) Soup Dessert</b>
28 <b>Seasoned Fish Filet Wild Rice Vegetables Soup/Salad Dessert</b>	29 <b>Country Fried Steak Mashed Potatoes Vegetables Soup/Salad Dessert</b>	30 <b>Oven Fried Chicken Roasted Potatoes Vegetables Soup/Salad Dessert</b>	31 <b>"Pancake Breakfast" Lunch</b> 	Full quiche available to purchase on 10/3 for \$12  Limited quantities!

**OUR DINING ROOM IS OPEN TO THE PUBLIC, ALL ARE WELCOME!**

**\$6.00 FULL LUNCH \$7.00 FULL LUNCH TO GO**

**FOOD TAKEN HOME IS DONE AT YOUR OWN RISK! PLAY IT SAFE, REFRIGERATE. -WHEN IN DOUBT, THROW IT OUT! ITEMS ON THIS MENU MAY CONTAIN FOOD ALLERGENS.**

**Kitchen Phone number 510-724-9805**