





September Dining Room Lunch Menu

Lunch by Zack's Catering served Monday - Friday at 11:30 a.m. • \$7.00
 Reservations required by 7:30 a.m. • Main reservation number (707) 468-9256.
 Once a month: Lisa's Birthday Lunch at 11:30 a.m. • \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
3 REGULAR OPERATIONS CLOSED 	4 Chicken Teriyaki Fried Rice Stir fry Veggies Roll Dessert	5 Chili Verde Rice-Tortilla Refried Beans Salad Dessert	6 Pot Roast Buttered Noodles Gravy Vegetable Roll Dessert	7 Thai Steak Baked Potato Salad Roll Dessert
10 Hot Roast Beef Sandwich Gravy Mashed Potatoes Veggie Dessert	11 Spaghetti with Meat Sauce Garlic Bread Salad Dessert	12 Meat Loaf Soup Vegetable Roll Dessert	13 Polish Dog with Bun Cole Slaw Tater Tots Dessert	14 Beef Tips Buttered Noodles Salad Roll Dessert
17 Hamburger - Bun with all the fixings Chili French Fries Dessert	18 Sweet and Sour Pork Fried Rice Salad Roll Dessert	19 Club Sandwich Potato Salad Soup Dessert	20 Fried Fish Clam Chowder Rice Roll Dessert	21  Birthday Lunch BBQ Chicken Twice Baked Potato Veggies Garlic Bread Dessert
24 Fried Chicken Biscuit with Buttermilk Gravy Yams Cole Slaw Dessert	25 Sloppy Joes with Bun French Fries Cole Slaw Dessert	26 Hot Turkey Sandwich with Gravy Stuffing Soup Dessert	27 Swiss Steak Herb Roasted potatoes Veggie Soup Roll Dessert	28 Lasagna with Meat Sauce Vegetable Salad Garlic Bread Dessert



Save the Date! *Fall Dance Party with Clean Sweep* - October 6
 Tickets available September 7 at Ukiah Senior Center Administration,
 Mendocino Book Company, and at our website, www.ukiahseniorcenter.org
 Members advance ticket purchase - \$15 • Non-members \$20
 \$25 Pay at the door
Please note: Members purchasing advance tickets must show membership
 card at USC administration office, or call with credit card purchase to
 receive the discounted price before the day of the event. For this event,
 Members will be allowed to purchase a "guest" ticket at the Member price.