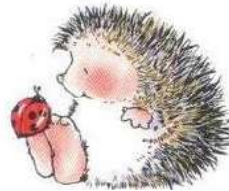


Siskiyou Senior Nutrition  
(530) 926-4611

MONTHLY MENU  **September 2026** 

|                                                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                                | TUESDAY                                                                                                  | WEDNESDAY                                                                                                                                                                                   | THURSDAY                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>PLEASE NOTE</b><br>MENUS SUBJECT<br>TO CHANGE WITH<br>RD APPROVAL                                                                                                                                                                             |                                                                                                                                                                                                       | 1<br>Cheeseburger on WW Bun<br>Lettuce, Tomato & Onion<br>Coleslaw<br>Watermelon                         | 2<br>Chicken Casserole<br>w/ Rice, Broccoli, Onion<br>Caesar Salad<br>Banana & Mixed Berries             | 3<br>Veggie Tortellini<br>w/ Marinara<br>Garden Salad<br>Orange<br>WW Garlic Bread             |
| Lunch Served M - Th<br>11:45 AM - 12:15 PM<br><br>GREAT NORTHERN<br>services                                                                                    | 7<br><b>CLOSED</b><br>                                                                                              | 8<br>Teriyaki Chicken<br>w/ Brown Rice<br>Peas & Carrots<br>Mandarins & Tropical Fruit                   | 9<br>Beef Chili<br>Mixed Veggies<br>Cornbread<br>Strawberry Applesauce                                                                                                                      | 10<br>Turkey Wrap<br>w/ Cream Cheese,<br>Spinach & Cranberry<br>Roasted Potatoes<br>Orange     |
| <b>ALL MEALS<br/>INCLUDE 1% MILK<br/>* BUTTER IS OFFERED<br/>WITH ROLLS</b>                                                                                                                                                                      | 14<br>Orange Chicken<br>w/ Brown Rice<br>Chinese Cabbage Salad<br>Cantaloupe                                                                                                                          | 15<br>Beef Stroganoff<br>w/ Egg Noodles<br>Ginger Honey Carrots<br>Mandarins & Tropical Fruit<br>WW Roll | 16<br>Pork Roast w/ Gravy<br>Mashed Red Potatoes<br>Carrots<br>WW Roll<br>Banana                                                                                                            | 17<br>Hot Chicken Salad<br>Sauteed Kale & Red Bell Peppers<br>Apple<br>Whole Wheat Roll        |
| <b>Suggested Contribution</b><br>SITE SENIOR \$4.00<br>HOMEBOUND SENIOR \$4.00<br>NON-SENIOR: UNDER 60 \$10.00<br>There is no obligation to contribute.<br>A contribution is purely voluntary.<br>because of failure or inability to contribute. | 21<br>Ground Beef Soft Taco<br>on a Corn Tortilla<br>Lettuce, Onion, Tomato<br>Black Beans<br>Spanish Brown Rice<br>Sour Cream & Salsa<br>Orange                                                      | 22<br>Chicken Parmesean<br>Over Angel Hair Pasta<br>Garden Salad<br>Apple<br>WW Roll                     | 23<br>Asian Chicken<br>Casserole<br>Over Chow Mein Noodles<br>Peas & Carrots<br>Pineapple & Mandarins  | 24<br>Beef Stew<br>w/ Carrots, Peas, & Potatoes<br>Garden Salad<br>Fruit Cocktail<br>Cornbread |
|  <b>MEAL CONTAINS<br/>MORE THAN 1000 MG<br/>OF SODIUM</b>                                                                                                     | 28<br>Bean & Cheese Burrito<br>w/ Brown Rice<br>WG Tortilla<br>Sour Cream & Salsa<br>Mexi-Slaw <br>Mixed Berries | 29<br>Chicken Alfredo<br>w/ Broccoli<br>Caesar Salad<br>Bananas & Strawberries<br>WW Roll                | 30<br>Split Pea Soup<br>1/2 Grilled Cheese Sandwich<br>on WG Bread<br>Orange                                                                                                                |           |