

# Allen Senior Recreation Center

## November 2009 Lunch Menu

Lunch is \$3 per person and is served at 12pm. You must register for lunch—either in person or by phone—by 9:30a.m. each day. Menu items are subject to change. Taking food home from the meal site is done at your own risk.  
214-509-4820

**\*\*PLEASE SEE REVERSE SIDE FOR UPDATED LUNCH POLICIES\*\***

Grilled Chicken Salad—Grilled Chicken, lettuce, tomatoes, cheese, & hard-boiled egg—Served Daily Mon-Fri unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Hamburger Potato Casserole Served with a side salad</p> <p>Grilled Chicken Salad</p>	<p>3 Hot Ham &amp; Cheese Sandwich and Tomato Soup</p> <p>Grilled Chicken Salad</p>	<p>4 Lasagna Served with side salad and garlic bread</p> <p>Grilled Chicken Salad</p>	<p>5 Chicken Sandwich Served with fruit</p> <p>Grilled Chicken Salad</p>	<p>6 BLT Served with chips</p> <p>Grilled Chicken Salad</p>
<p>9 Hot Tuna Casserole Served with green beans</p> <p>Grilled Chicken Salad</p>	<p>10 Cheese Pizza Served with a side salad</p> <p>Grilled Chicken Salad</p>	<p>11 *United Way Lunch* <b>\$3 All-u-can-eat hotdog lunch</b> Toppings (Chili, jalapenos, onions) plus salad, Fritos, &amp; cookies  (No other lunch served today)</p>	<p>12 Baked Potato Served with hot cheese broccoli sauce</p> <p>Grilled Chicken Salad</p>	<p>13 Cowboy Baked Beans (with meat) &amp; cornbread</p> <p>Grilled Chicken Salad</p>
<p>16 Chicken Veggie Casserole Served with side salad</p> <p>Grilled Chicken Salad</p>	<p>17 Spaghetti &amp; Meatballs Served with side salad &amp; garlic toast</p> <p>Grilled Chicken Salad</p>	<p>18  Thanksgiving Lunch  *Must pre-register by Friday, November 13*  (No other lunch served today)</p>	<p>19 Chicken Strips Served with mashed Potatoes</p> <p>Grilled Chicken Salad</p>	<p>20 Sausage/Egg Casserole Served with Baked Apricots</p> <p>Grilled Chicken Salad</p>
<p>23 Egg Salad on a croissant Served with chips</p> <p>Grilled Chicken Salad</p>	<p>24 Chicken Fried Steak Served with mashed potatoes and gravy</p> <p>Grilled Chicken Salad</p>	<p>25 Little Smokies 'n' macaroni 'n' cheese Served with a side salad</p> <p>Grilled Chicken Salad</p>	<p>26  CLOSED</p>	<p>27  CLOSED</p>
<p>30 Cheeseburger Served with french fries</p> <p>Grilled Chicken Salad</p>			<p>C&amp;B Bar-B-Que Caters Wednesday Desserts. Dessert will be served with the purchase of lunch. Thank you C&amp;B !!</p>	

# ALLEN SENIOR RECREATION CENTER

## Lunch Program Policies

A calendar of menu items will be published and posted each month.  
All menu items are subject to change.

1. You must register for lunch—either in person or by phone—between 7 am and 9:30 am the day of your request or you may register for the meal one (1) day prior. To register by phone, please call 214-509-4820. The cost of the lunch is \$3.00 per person.
2. The kitchen staff and volunteers cannot take money. Please pay for lunch at the front counter and obtain a receipt. This receipt should be given to the staff or volunteer in the kitchen when lunch is picked up. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks on lunches.
3. No reservations will be taken after 9:30am. **No exceptions.**
4. **Due to the rising costs of food and supplies, as of September 1, 2009 only one (1) lunch per person may be ordered.**
5. **As of September 1, 2009 we will no longer prepare salads in to-go boxes. A limited supply of to-go boxes are available for .25 cents each. All meals are encouraged to be consumed on the premises.**
6. **Salad dressing packets are available for pre-paid salads only (one packet per salad). You may purchase additional salad dressing packets for .25 cents.**
7. **In an effort to reduce no-shows - please make sure you pay for and pick up the lunch you ordered. The first no-show is a warning. The second no-show will result in the \$3 lunch fee charged to your account (you will be unable to register for programs until the account is paid). A third no-show may result in restriction from participation in the lunch program.**
8. **Due to Health Code policies, personal food items can not be held in the kitchen refrigerators. Lunches not picked up by 5pm must be discarded.**

**LUNCH IS SERVED FROM 12-12:30 pm**



Allen Senior Recreation Center  
451 St. Mary Drive  
Allen, TX 75002  
214-509-4820

