

# October 2019 HOT Lunch Menu Senior Center at West Seattle

Meals are prepared from scratch daily - Lunch served 11:45 AM to 12:15 PM

Please call in advance to make reservations for lunch (206)-932-4044 or sign up at Front Desk in person.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Beef & Cactus in Tomatillo Sauce Whole beans Zucchini Fresh Fruit	Chicken Cacciatore Carrots Green Salad Seasonal Fruit	Italian Sausages in Marinara Sauce over Penne Pasta Garlic Bread Garden Salad Broccoli Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Tuna Casserole with Rice & Peppers Broccoli & Cauliflower Dinner Roll Fresh Baked Dessert	Beef Stroganoff over Egg Noodles Green Beans & Red Peppers Garden Salad Peaches & Cream	Crab Cakes Spanish Rice Coleslaw Seasonal Fruit	Pork Chops in Mushroom Sauce Sautéed Cabbage Broccoli Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Baked Ham Au Gratin Potatoes Broccoli Garden Salad Fresh Baked Dessert	Grilled Salmon Roasted Red Potatoes Garden Salad Green Beans	Baked Citrus Chicken Basmati Rice Zucchini & Corn Pineapple	Vegetarian Lasagna Broccoli Cauliflower Garlic Bread Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Sweet & Sour Pork Basmati Rice Asian Mixed Veggies (Green Beans, Water Chestnuts, Broccoli, Mushrooms) Fresh Baked Dessert	Spaghetti w/Meatballs Broccoli Garlic Bread Fresh Fruit	Chili Dog Coleslaw Potato Salad Fresh Seasonal Fruit	Fish Parmesan Orzo Lemon & Herbs Yellow Squash Fruit Cocktail	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
<b>28</b>	<b>Birthday lunch 29</b>	<b>30</b>	<b>31</b>	
Chicken Enchilada Casserole Spanish Rice Green beans Deluxe Salad (Cucumbers, Red Peppers) Fresh Baked Dessert	Bratwurst & Sauerkraut German Potato Salad Glazed carrots Apple Cake 	Chicken Taco Salad Baby Spring Mix Greens Sour Cream Tomatoes corn Tortilla Chips Custard	Cauldron Roasted Beef Haunted Mashed Potatoes Roasted in Fire Vegetables (Zucchini Brussels Sprouts) Dinner troll and butter Sleepy Hollow Pumpkin Pie	