

# October 2021 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>
				Choice of sandwiches Soup du jour Assorted pastries Choice of beverages
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Rice & tuna Peepers casserole Broccoli Cauliflower Dinner roll Fresh fruit	Beef Stroganoff Egg Noodles Green Beans & Red Peppers Garden salad Peaches Cream	Crab cakes Spanish rice Coleslaw Seasonal fruit	Pork chop in Mushroom Sauce Dinner roll Broccoli Seasonal fruit	Choice of sandwiches Soup du jour Assorted pastries Choice of beverages
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Baked Ham Au gratin Potatoes Green beans Fresh fruit	Grilled salmon Garden Salad Rice pilaf Fruit cocktail	Baked Citrus Chicken Basmati Rice Zucchini & corn Pineapple	Vegetarian lasagna Broccoli Cauliflower Garlic bread Fresh bake dessert	Choice of sandwiches Soup du jour Assorted pastries Choice of beverages
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Sweet & Sour Pork Basmati Rice Asian Mixed Veggies (Green Beans, Water Chestnuts, Broccoli, Mushrooms) Fresh fruit	Spaghetti w/Meat Balls 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>25</b>	<b>Birthday lunch 26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Chicken enchilada casserole Spanish Rice Green beans Fresh fruit	Bratwurst Hot Potato salad Sauerkraut Glossed carrots Apple sauce cake 	Chicken Taco Salad Baby Spring Mix Sour Cream Tomatoes corn Tortilla chips Custard	Beef cauldron roast Mashed hunted potatoes Roasted in fire vegetables (zucchini Brussels sprouts) Dinner troll and butter sleepy hollow pumpkin pie	