

# Hot Lunch Menu: January



Meals are prepared from scratch daily  
 Lunch served 11:45am - 12:15pm  
 Please call in advance to RSVP for lunch:  
 (206) 932-4044 or sign up at the front desk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>				
CLOSED Happy New Year!	Italian Sausages with Pepper & Onions over Pasta Zucchini Seasonal Fruit	Roast Pork, Mashed Potatoes & Gravy Italian Mixed Vegeta- bles (zucchini, carrots lima beans, green beans, cauliflower) Grapes	Chicken in Mushroom Sauce Broccoli Cauliflower Roll Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
<b>4</b>				
<b>5</b>				
<b>6</b>				
<b>7</b>				
<b>10</b>				
Meat Loaf Mashed Potatoes & Gravy Broccoli Roll Fresh Fruit	Chicken Cacciatore Carrots Garlic Bread Tropical Fruit	Fish Parmesan Orzo Lemon & Herbs Yellow Squash Zucchini Custard	Taco Salad Sour Cream Beans Corn Tomatoes Fresh Fruit	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
<b>11</b>				
<b>12</b>				
<b>13</b>				
<b>14</b>				
<b>17</b>				
Closed for Dr. Martin Luther King Jr. Day	Crab Cakes Rice Coleslaw Mushrooms & Onions Cookies	Lamb Stew Broccoli Dinner Roll Apple	Marsala Chicken Pasta Broccoli Cauliflower Roll Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
<b>18</b>				
<b>19</b>				
<b>20</b>				
<b>21</b>				
<b>24</b>				
BBQ Pork Ribs Coleslaw Baked Beans Fresh Fruit	Sweet & Sour Chicken Rice Green Beans Braised Cabbage Spring Rolls Almond Cookies	Baked Panko Tilapia Rice Green Beans, Carrots Corn, Peas, Lima Beans Fresh Fruit	Beef Enchilada Casserole Green Salad Roasted Corn Mélange (corn, peppers, onions black beans) Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
<b>25</b>				
<b>26</b>				
<b>27</b>				
<b>28</b>				
<b>31</b>				
Chicken Tarragon Gravy Roasted Potatoes Zucchini, Carrots, Lima Beans Freshly Baked Dessert				

# Hot Lunch Menu: February



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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Shepherd's Pie Broccoli Roll & Butter Custard	Fish in Cajun Sauce Linguini Italian Mix Vegetables Garlic Bread Honeydew Melon	Deviled Pork Chops Beets Roasted Corn Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
7	8	9	10	11
Meatballs in Brown Gravy Parsley Red Potatoes Green Beans Freshly Baked Dessert	Lasagna Broccoli Green Deluxe Salad Garlic Bread Fresh Fruit	Beef in Tomatillo Sauce Cactus & Onions Rice Refried Beans Apple Cobbler	BBQ Chicken Baked Beans Roasted Corn Roll & Butter Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
14	15	16	17	18
Chicken a la King Broccoli Biscuit Freshly Baked Dessert	Sloppy Joe on Bun Pasta Salad Deluxe Salad (tomatoes, cucumber) Fruit Cocktail	Lime & Herb Chicken Mashed Potatoes & Gravy Broccoli Tropical Fruit Cocktail	Baked Panko Tilapia Rice Roasted Vegetables (zucchini, yellow squash, mushrooms, peppers) Cake	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
21	22	23	24	25
Closed for Presidents Day	Chicken and Sausages Jambalaya Cajun Red Potatoes Cabbage Tropical Fruit King Cake	Tuna Noodle Casserole Carrots, Peppers, Cauliflower Roll & Butter Apple	Chicken Parmesan Garlic Mashed Potatoes Broccoli Freshly Baked Dessert	Choice of sandwiches Soup du jour Assorted Fruit and Pastries Choice of beverages
28				
Spaghetti and Meat Sauce Broccoli Garlic Bread Tropical Fruit				