Hot Lunch Menu: May

Senior Center of West Seattle

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
2	**3**	**4**	**5**	**6**
Beef taco salad Tomato corn Black beans Sour cream Cantaloupe	Lime & herb chicken Mashed potatoes and gravy Broccoli Tropical fruit cocktail	Lamb stew Dinner roll & butter Broccoli Seasonal fruit	Sloppy Joe on a bun Baby green deluxe salad Sweet potato fries Tropical fruit	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
9	**10**	**11**	**12**	**13**
Meatballs in brown gravy Mashed potatoes Broccoli Green salad Roll/butter Fresh baked dessert	Beef fajitas Spanish rice Garden salad Flour tortilla Fresh fruit	Fish in roasted tomato sauce Mixed roasted vegetables Rice pilaf Seasonal fruit	BBQ Chicken Baked beans Coleslaw Roasted cauliflower Fresh baked dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
16	**17**	**18**	**19**	**20**
Chinese pepper steak Steamed rice Asian mixed vegetables broccoli, green beans mushrooms, water chestnuts, red peppers Seasonal fruit	Chicken almandine Scalloped potatoes Green beans in olive oil Seasonal fruit	Deviled pork chops Parsley red potatoes Roasted vegetables Tropical fruit	Fish w/mango salsa Lemon orzo pasta Mix roasted vegetables Fresh baked dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
23	**Birthday Lunch 24**	**25**	**26**	**27**
Shepherd's pie Broccoli Cauliflower Roll & butter Fresh baked dessert	Pot roast Mashed potatoes & gravy Mixed vegetables Seasonal fruit Birthday cake	Chicken masala over basmati rice Broccoli Seasonal Fruit	Sweet & sour Meatballs Steamed rice Oriental mix vegetables Cocktail fruit in yogurt sauce	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
30	**31**			
CLOSED MEMORIAL DAY	Spaghetti/meat sauce Garlic bread Broccoli Deluxe green salad Fresh baked dessert			