

Hot Lunch Menu: August



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	
1		2		3		4		5	
Beef Stroganoff Egg noodles Green beans Tropical fruit		Orange Sesame Turkey Breast Au gratin potatoes Mixed vegetables Carrots, broccoli, red peppers Mixed fruit		Grilled Salmon Orzo Garden salad Seasonal fruit		Chicken Jambalaya Rice Roasted zucchini & squash Green salad Fresh baked dessert		Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages	
8		9		10		11		12	
Lasagna Mixed vegetables Cauliflower, zucchini, carrots, green beans, lima beans Garlic bread Fresh fruit		Crab Cakes Spanish rice Coleslaw Seasonal fruit Yogurt		Chicken Pot Pie Italian mixed veggies (cauliflower, zucchini, carrots, green beans, lima beans) Roll Mixed melon		Hungarian Goulash Egg noodles Green beans Garden salad Fresh baked dessert		Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages	
15		16		17		18		19	
Pork zucchini & corn in tomatillo sauce Rice pilaf Green beans Fresh seasonal fruit		Chicken breast in peanut sauce Spanish rice Five way vegetables (carrots, green beans, peas, corn, lima beans) Green salad Fresh fruit		Meatballs & gravy Mashed potatoes Broccoli Roll Seasonal fruit		Cajun Fish Orzo Garden salad Roasted vegetables (zucchini, peppers, onions, mushrooms) Fresh baked dessert		Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages	
22		23		24		25		26	
Chicken & green curry creamy sauce Basmati rice Broccoli Cauliflower Fresh baked dessert		Beef Fajitas Spanish rice Green beans Flour tortilla Seasonal fruit		Lime & herbs Chicken Rice Mixed vegetables (cauliflower, zucchini, carrots, green beans, lima beans) Grapes		Pork Roast & gravy Scalloped potatoes Broccoli Garden salad Fresh baked dessert		Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages	
29		30		31					
Panko Fish Fresh mango salsa Coleslaw Rice pilaf Fresh baked dessert		Mexican Barbacoa aka BBQ Deluxe garden salad Whole beans Seasonal fruit		Spaghetti and meat sauce Garlic bread Garden salad Fresh fruit					