

November 2017 Hot Lunch menu

Senior Services

Served at SCWS . Make reservations at Front Desk in person or call 206-932-4044. Lunch served 11:45 AM to 12:15 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Choice of Sandwiches Soup du jour Assorted Pastries Choice of Beverages
4	5	6	7	8
Turkey Burgers w. Onions, Tomatoes Lettuce Coleslaw Potato Salad Seasonal Fruit	Pork Roast Mashed Potatoes & Gravy Roasted Cauliflower Broccoli Roll Caramel-Glazed Cake	Beef Tamale Casserole Green Salad Spring Mix, Cucumbers and Tomato Spanish Rice Cantaloupe	Chicken Alfredo over Fettuccini Zucchini & Tomatoes Caesar Salad Garlic Bread Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
11	12	13	14	15
SCWS Closed 	Tex-Mex Chicken Black Beans Green Salad w. Tomatoes & Cucumbers Seasonal Fruit	Louisiana Seafood Pasta Zucchini Baby Spring Mix Salad Garlic Bread Chef's Choice Dessert	Salisbury Steak Mashed Potatoes Roasted Zucchini & Squash Roll Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
18	19	20	21	22
Meatloaf Mashed Potatoes & Gravy Green Beans Garden Salad Fresh Baked Dessert	Beef Taco Salad Sour Cream Tortilla Chips Beans Corn Tropical Fruit Cocktail w. Yogurt Sauce	Hungarian Goulash Egg Noodles Green Beans Garden Salad Roll Seasonal Fresh Fruit	Coca-Cola Pork Chops Scalloped Potatoes Broccoli Fresh Baked Dessert	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages
25	26	27	28	29
Cornmeal Tilapia Spanish Rice Coleslaw Broccoli Fresh Baked dessert	Roast Turkey Cranberry Sauce Mashed Potatoes & Gravy Green Beans Pumpkin Pie	Sweet & Sour Chicken Steamed Rice Asian Vegetables: Green Beans, Water Chestnuts, Mushrooms, Peppers Peaches & Yogurt	Thanksgiving SCWS Closed 	Choice of Sandwiches Soup du Jour Assorted Pastries Choice of Beverages