

Hot Lunch Menu: October



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
3	4	5	6	7
Rice & Tuna Peppers Casserole Broccoli Cauliflower Dinner roll Fresh fruit	Beef Stroganoff Egg noodles Green beans & red peppers Garden salad Peaches 'n cream	Crab Cakes Spanish rice Coleslaw Seasonal fruit	Porkchop in Mushroom Sauce Dinner roll Broccoli Seasonal fruit	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
10	11	12	13	14
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 baked dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
17	18	19	20	21
Sweet & Sour Pork Basmati rice Asian mixed veggies (green beans, water chestnuts, broccoli, mushrooms) Fresh fruit	Spaghetti & Meatballs 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 fruits and pastries Choice of beverages
24	Birthday Lunch 25	26	27	28
Chicken Enchilada Casserole Spanish Rice Green beans Fresh fruit	Bratwurst Hot potato salad Sauerkraut Glassed carrots Applesauce 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, brussel sprouts). Dinner troll and butter. Sleepy hollow pumpkin pie	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
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Italian sausages & marinara sauce over penne pasta Garden salad Garlic bread Seasonal fruit				