

Hot Lunch Menu: September



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
			Deviled Pork Chops Red potatoes Mixed vegetables (carrots, broccoli, red peppers, zucchini) Peaches and yogurt	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
5	6	7	8	9
CLOSED for Labor Day	Indian Butter Chicken Basmati rice Glazed carrots Honeydew melon	Shepherd's Pie Zucchini Roll Tropical fruit salad	Sweet & Sour Pork Steamed rice Oriental vegetables Garden salad Fresh baked dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
12	13	14	15	16
Sweet & Sour Meatballs Steamed rice Oriental vegetables Garden salad Fresh baked dessert	Beef stew Garden salad Dinner roll Seasonal fruit	Fish & Mango Salsa Lemon orzo pasta Roasted vegetables (zucchini, corn, red and green peppers, onions Seasonal fresh fruit	BBQ Chicken Baked beans Sauteed cabbage Garden salad Fresh baked dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
19	20	21	22	23
Chicken Coq Au Vin Red potatoes Broccoli Garden salad Fresh baked dessert	Spaghetti & meat sauce Garden Cesar salad Garlic bread Italian custard over mix of berries	Chicken in Red Curry Basmati rice Parsley carrots Seasonal fruit	Beef enchilada Green delux salad (tomatoes, cucumbers) Green beans Spanish rice Chef choice dessert	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages
26	27	28	29	30
Chicken & Pineapple Parsley noodles Broccoli Cauliflower Fresh baked dessert	Meatloaf Mash potatoes & gravy Dinner roll Roasted broccoli Cauliflower cake	Teriyaki salmon Roasted zucchini Green salad Steamed rice Fresh baked dessert	Chicken in Coconut Sauce Basmati rice Broccoli Seasonal fresh fruit	Choice of sandwiches Soup du jour Assorted fruits and pastries Choice of beverages