

# Hot Lunch Menu: September



Meals are prepared from scratch daily  
Please call in advance to RSVP for  
lunch: (206) 932-4044

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef stew Garden salad Seasonal fruit Dinner roll	Indian butter chicken Basmati rice Glazed carrots Honeydew melon	Choice of sandwiches Soup du jour Pastries Choice of beverages
6	7	8	9	10
<b>HAVE A SAFE LABOR DAY!</b>	Chicken on coconut sauce Basmati rice Broccoli Seasonal fresh fruit	Shepherd's pie Zucchini Roll Tropical fruit salad	Sweet & sour pork Steamed rice Oriental mix vegetables Garden salad Fresh bake dessert	Choice of sandwiches Soup du jour Pastries Choice of beverages
13	14	15	16	17
Sweet & sour meatball Steamed rice Oriental mix vegetables Garden salad Fresh bake dessert	Mexican BBQ (Barbacoa) Whole beans Green De Lux salad: tomatoes, cucumber, citrus dressing Seasonal fruit	Fish & mango salsa Lemon orzo pasta Roasted vegetables: zucchini, corn, red and green peppers, onions Seasonal fresh fruit	BBQ chicken Baked beans Sautéed cabbage Garden salad Fresh bake dessert	Choice of sandwiches Soup du jour Pastries Choice of beverages
20	21	22	23	24
Chicken Coq Au Vin Red potatoes Broccoli Garden salad Fresh bake dessert	Meatloaf Mash potatoes & gravy Dinner roll Roasted broccoli Cauliflower Cake 	Chicken in red curry Basmati rice Parsley carrots Seasonal fruit	Beef enchilada Green De Lux salad: tomatoes, cucumber Green beans Spanish rice Chef choice dessert	Choice of sandwiches Soup du jour Pastries Choice of beverages
27	28	29	30	
Chicken & pineapple parsley noodles Broccoli Cauliflower Fresh baked dessert	Spaghetti & meat sauce Garden Cesar salad Garlic bread Italian custard over Mix of berries	Teriyaki salmon Roasted zucchini Green salad Steam rice Fresh bake dessert	Deviled pork chops Red potatoes Mixed vegetables: carrots, broccoli, red Peppers, zucchini Peaches and yogurt	

