

March 2017 Soup & Sandwich Menu

Northshore Senior Center

Meals are prepared from scratch daily - Lunch served 11:45 AM to 12:15 PM

Please call in advance to make reservations for lunch 425-487-2441 or sign up at Front Desk in person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10. We gladly accept Quest Cards, cash or Checks paid daily, weekly or monthly. Menu is subject to change.		Chicken Salad Sandwich w/ Lettuce and Tomato Creamy Tortellini Soup Custard	Pastrami & Swiss on Dark Rye Bread w/Lettuce and Tomato Corn Chowder Soup Berry Crumble	BLTA on Whole Wheat Bread w/Lettuce and Tomato Cream of Broccoli Soup Applesauce
6	7	8	9	10
Crab Melt on French Bun w/Lettuce and Tomato Cream of Tomato Soup Mandarin Oranges	Egg Salad Sandwich on Wheat w/Lettuce and Tomato Chicken Gumbo Soup Lime Jello w/Fruit Cocktail	Ham & Swiss Cheese Sandwich w/Lettuce and Tomato on Wheat Creamy Potato Soup Cream Puffs	Ciabatta Roast Beef Melt w/Lettuce and Tomato French Onion Soup French Apple Custard Pie	Two Meat & Cheese Sandwich Vegetable Soup Fruit Salad
13	14	15	16	17
Pastrami and Cheese on Whole Wheat Bread w/Lettuce and Tomato Black Bean Soup Fruit Ambrosia	Turkey on Whole Wheat w/Lettuce & Tomato Split Pea Soup Honey Dew Melon	Roast Beef on White Bread w/Lettuce & Tomato Potato Corn Chowder Baked Apple w/Topping	Chicken Salad Sandwich Vegetable Tortilla Soup Peaches & Yogurt	Turkey & Swiss on Wheat Cream of Celery Irish Cream Cake 
20	21	22	23	24
Tuna Salad Sandwich Minestrone Soup Oranges	Ham Sandwich Lettuce & Tomato on Wheat Split Pea Soup Fruit Salad	Grilled Cheese & Tomato on Wheat Navy Bean Soup Cream Puffs	Pastrami & Swiss Beef Noodle Soup Cake 	Tuna Salad Chicken & Vegetables Soup Jello
27	28	29	30	31
B.L.T. on Wheat Navy Bean Soup Banana	Chicken Salad Sandwich Chicken Noodle Soup Cantaloupe	Ham & Cheese Sliders Cole Claw Fruit Salad	Salami & Swiss Cheese Sandwich Cream of Broccoli Seasonal Fruit w/Yogurt	Tuna Salad Sandwich Chicken & Vegetables Soup Orange Slices

March 2017 Hot Lunch Menu

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		1	2	3
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6	7	8	9	10
Beef Teriyaki Rice Asian Mixed Vegetables (Green Beans, Water Chestnuts, Mushrooms Peppers) Mandarin Oranges	Baked Citrus Chicken Rice and Citrus Gravy Mixed Vegetables (Carrots, Lima Beans, Zucchini, Cauliflower) Lime Jello w/fruit cocktail	Crab Cakes w/ Tartar Sauce Roasted Red Potatoes Mixed Green Salad w/Ranch Dressing Cream Puffs	Meat Loaf Mashed Potatoes and Gravy Asparagus w/Mayo Aioli Roll/w butter chip French Apple Custard Pie	Marinated Pork Tenderloin w/Brown Gravy Mashed Potatoes Mixed Vegetables (Carrots, Lima Beans, Zucchini, Cauliflower) Fruit Salad
13	14	15	16	17
Turkey & Beans Chili Onions & Cheese Broccoli Corn Bread Fruit Ambrosia	Beef Stroganoff Egg Noodles Mix Vegetables (Carrots, Zucchini, Cauliflower, Lima Beans) Honey Dew Melon	Fish Parmesan Butternut Squash Risotto Roasted Vegetables (Peppers, Mushrooms, Onions, Zucchini) Chef's Choice Dessert	Chicken Gravy (peas and carrots) and Biscuits Mixed Green Salad w/Ranch Dressing Peaches & Yogurt	Corn Beef and Cabbage Parsley Potatoes Dark Rye Bread Slice Irish Cream Cake 
20	21	22	23	24
Baked Meat Ball & Cheese Sub Sandwich Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Lima Beans) Oranges	Chicken in Mushroom Sauce Steamed Rice Broccoli Roll Fruit Salad	Sweet & Sour Pork Rice Asian Mix Vegetables (Green Beans, Water Chestnuts, Mushrooms Peppers) Cream Puffs	Tuna Patties Rice Pilaf Roasted Vegetables (Peppers, Mushrooms, Onions, Zucchini) Cake 	Crustless Egg Quiche w/ Asparagus, mushroom, onions, and cheese Green Salad Roll Jello
27	28	29	30	31
Chicken in Pineapple Parsley Potatoes Normandy Mix Vegetables (Cauliflower, Broccoli, Carrots Zucchini) Banana	Spaghetti w/Meat Sauce Green Salad w/Cucumbers and Cherry Tomatoes Garlic Bread Cantaloupe	Marsala Chicken Egg Noodles Butternut Squash Fruit Salad	Beef Stew Broccoli Roll Seasonal Fruit w/Yogurt	Hamburger w/Lettuce, tomato, onion Pork n' Beans Pasta Salad Orange Slices