

# October 2018 Hot Lunch Menu

# Northshore Senior Center

Make reservations at Front Desk in person or call 425-487-2441. Lunch served 11:45 AM to 12:15 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beef Stroganoff Spinach Salad Roll & Butter Chef's Choice Dessert	Shepherd's Pie Roasted Butternut Squash Chef's Choice Dessert	Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Chef's Choice Dessert	Pork Enchiladas Spanish Rice Marinated Vegetable Salad Rice Krispies Treats Fresh Fruit	Oven Fried Chicken Tenders Roasted Potatoes Kale Slaw Fresh Fruit <b>ICE CREAM BAR</b>
<b>8</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</b>
Beef Stew w/Carrots, Potatoes, Peas Roll w/Butter Green Veggie Salad Chef's Choice Dessert	Beef Taco Salad With Tomatoes, Lettuce, Black Olives, Salsa, Sour Cream, Tortillas Corn & Black Beans Chef's Choice Dessert	Brats Braised Red Cabbage German Potato Salad Chef's Choice Dessert	Spaghetti & Meatballs Spinach Salad Garlic Bread Chef's Choice Dessert	Tuna Croquettes Macaroni & Cheese Mixed Vegetables Fresh Fruit <b>ICE CREAM BAR</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Birthday Lunch	<b>19</b>
Seasoned Pork Tenderloin Rice Pilaf Spinach Salad Chef's Choice Dessert	Roasted Chicken Broccoli Mashed Sweet Potatoes Chef's Choice Dessert	Glazed Ham Roasted Brussels Sprouts Scalloped Potatoes Chef's Choice Dessert	Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Fresh Fruit Birthday Cake 	Chicken Marsala Parmesan Risotto Roasted Carrots Fresh Fruit <b>ICE CREAM BAR</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Italian Links Pasta Spinach Salad Garlic Bread Chef's Choice Dessert	Santa Maria Beef Tri-Tip Mixed Vegetables Roasted Sweet Potatoes Chef's Choice Dessert	Sloppy Joes on a Bun Potato Chips Vegetable Slaw Chef's Choice Dessert	Arroz Con Pollo Sautéed Corn Marinated Vegetable Salad Chef's Choice Dessert	Tuna Noodle Casserole Cheddar Biscuits Mixed Vegetables Fresh Fruit <b>ICE CREAM BAR</b>
<b>29</b>	<b>30</b>	<b>31</b>		
Chicken Alfredo Fettucine Spinach Salad Garlic Bread Chef's Choice Dessert	Pork Chops Mashed Sweet Potatoes Balsamic Glazed Brussels Sprouts Chef's Choice Dessert	Salisbury Steak Roasted Sweet Potatoes Broccoli Fresh Fruit Skull Cakes 	A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for a \$10 charge. We gladly accept Quest Cards, cash or Checks paid daily, weekly or monthly	<b>Menu is subject to change Milk Refills \$.50</b>

# October 2018 Soup & Sandwich

# Northshore Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Chicken Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Cold Cut Trio Sub: Ham, Turkey, Pastrami & Cheddar Soup of the Day Chef's Choice Dessert	Pastrami & Swiss on Rye Soup of the Day Chef's Choice Dessert	Turkey & Provolone on Whole Wheat Soup of the Day Rice Krispie Treats Fresh Fruit	Roast Beef & Cheddar on Wheat Bread Soup of the Day Fresh Fruit <b>ICE CREAM BAR</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Egg Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Reuben Soup of the Day Chef's Choice Dessert	Tuna Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Grilled Cheese Tomato Soup Chef's Choice Dessert	Ham & Swiss on Whole Wheat Soup of the Day Fresh Fruit <b>ICE CREAM BAR</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Turkey & Provolone on Whole Wheat Soup of the Day Chef's Choice Dessert	French Dip Soup of the Day Chef's Choice Dessert	Beef Chili Dogs with Sauer Kraut, Cheese & Onions Soup of the Day Chef's Choice Dessert	Cold Cut Trio Sub: Ham, Turkey, Pastrami & Cheddar Fen's French Onion Soup Fresh Fruit Birthday Cake 	Chicken Salad on Whole Wheat Soup of the Day Fresh Fruit <b>ICE CREAM BAR</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Tuna Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Turkey & Bacon Club Sandwich Soup of the Day Chef's Choice Dessert	Reuben Soup of the Day Chef's Choice Dessert	Vegewich: Hummus, Spinach, Cucumber, Avocado, Tomato Soup of the Day Chef's choice Dessert	Ham & Swiss on Whole Wheat Soup of the Day Fresh Fruit <b>ICE CREAM BAR</b>
<b>29</b>	<b>30</b>	<b>31</b>		
Egg Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Grilled Cheese Tomato Soup Chef's Choice Dessert	Pastrami & Swiss on Rye Soup of the Day Fresh Fruit Skull Cakes 	<b>Milk Refills</b> <b>\$.50</b> Note: All of the sandwiches are accompanied by the vegetable of the day <b>Menu Is Subject to Change</b>	A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for a \$10 charge. We gladly accept Quest Cards, cash or Checks paid daily, weekly or monthly.