

October 2017 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
2	3	4	5	6
Pork Chops Mashed Sweet Potatoes Balsamic Glazed Brussels Sprouts Chef's Choice Dessert	Salisbury Steak Macaroni & Cheese Mixed Vegetables Chef's Choice Dessert	Tri-Tip Roast Green Beans Brown Rice Pilaf Chef's Choice Dessert	Shepherd's Pie Roasted Butternut Squash Roll & Butter Chef's Choice Dessert	Poblano Chicken Burgers Mashed Potato Salad Coleslaw ICE CREAM BAR
9	10	11	12	13
Chicken Alfredo Mixed Green Salad Garlic Bread Chef's Choice Dessert	Beef Pot Roast Mashed Potatoes and Gravy Mixed Veggies Chef's Choice Dessert	Roasted Chicken Wild Rice Pilaf Butternut Squash & Spinach Gratin Roll Chef's Choice Dessert	Pork Enchiladas Spanish Rice Vegetable Salad Chef's Choice Dessert	Beef Stroganoff Roasted Vegetables Roll & Butter ICE CREAM BAR
16	17	18	19	20
Beef Stew w/Carrots, Potatoes, Peas Green Salad with Veggies Roll with Butter Chef's Choice Dessert	Brats Braised Red Cabbage German Potato Salad Chef's Choice Dessert	Pork Roast Lentil Salad with Roasted Vegetables Chef's Choice Dessert	Pan Seared Beef Filet Baked Potato Veggie Salad Chef's Choice Dessert 	Cajun Panko Tilapia Succotash Hush Puppies ICE CREAM BAR
23	24	25	26	27
Roasted Chicken Broccoli Mashed Sweet Potatoes Chef's Choice Dessert	Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Chef's Choice Dessert	Sloppy Joe on a Bun Green Salad Potato Chips Chef's Choice Dessert	Chicken Marsala Parmesan Risotto Roasted Carrots Chef's Choice Dessert	Glazed Ham with Cider Sauce Brussels Sprouts Oven Roasted Potatoes ICE CREAM BAR
30	31			
Tuna Noodle Casserole Mixed Vegetables Chef's Choice Dessert	Spaghetti & Meatballs Vegetable Salad Garlic Bread Chef's Choice Dessert 	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..	Milk Refills \$.50	Menu is subject to change

October 2017 Soup & Sandwich

Northshore Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Pimento Cheese on White Bread Soup of the Day Chef's Choice Dessert	Chicken 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 Bread Soup of the Day Chef's Choice Dessert	Ham & Cheddar on Whole Wheat Bread Soup of the Day ICE CREAM BAR
9	10	11	12	13
Pastrami & Cheese on Rye Bread Soup of the Day Chef's Choice Dessert	Grilled Cheese Soup of the Day Chef's Choice Dessert	Chili Dogs with Cheese & Onions Soup of the Day Chef's Choice Dessert	Roast Beef & Cheddar on Wheat Bread Soup of the Day Chef's Choice Dessert	Turkey on Whole Wheat Bread Soup of the Day ICE CREAM BAR
16	17	18	19	20
Chicken Salad on Whole Wheat Soup of the Day Chef's Choice Dessert	Ham & Cheese on White Bread Soup of the Day Chef's Choice Dessert	Tuna Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Turkey & Cheese on Whole Wheat Bread Soup of the Day Chef's Choice Dessert 	Two Meats & Cheese Soup of the Day ICE CREAM BAR
23	24	25	26	27
Ham Salad Soup of the Day Chef's Choice Dessert	Krab Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Pastrami & Cheese on Rye Bread Soup of the Day Chef's Choice Dessert	B.L.T. on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Pimento Cheese on White Bread Soup of the Day ICE CREAM BAR
30	31			
Salami & Cheese on Wheat Bread Soup of the Day Chef's Choice Dessert	Ham & Cheese Sliders Soup of the Day Chef's Choice Dessert 	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. Menu is subject to change	Note: All of the sandwiches are accompanied by the vegetable of the day.	Milk Refills \$.50