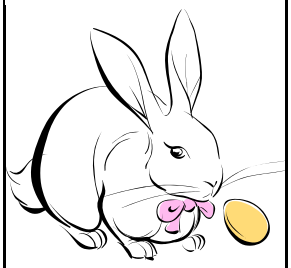
April 2017 Hot Lunch Menu Northshore Senior Center

Meals are prepared from scratch daily

Please call in advance to RSVP for lunch (425) 487-2441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5**	**6**	**7**
Meatballs & Marinara Over Pasta Salad Garlic Bread Seasonal Fruit	Marinated Pork Tenderloin Roasted Potatoes Mixed Vegetables Applesauce	Turkey Breast Mashed Potatoes w/Gravy Steamed Broccoli Roll w/butter chip Peaches w/Yogurt	Fried Rice w/Bay Shrimp Asian Mixed Vegetables W/Broccoli, Carrots & Snow Peas Spring Roll w/Cabbage Cream Puffs	Chicken Gravy w/peas and carrots over Biscuit Green Beans Chef's Choice Dessert
10	**11**	**12**	**13**	**14**
Fish Sticks w/ Tartar Sauce Roasted Potatoes Corn Orange	Turkey Breast Mashed Potatoes & Gravy Broccoli Whole Wheat Roll Grapes	Meatloaf Mashed Potatoes w/Gravy Green Beans Baked Apple w/topping	Sweet and Sour Pork White Rice Asian Mixed Vegetables Mandarin Oranges	Spinach & Cheese Lasagna Salad w/Tomato and Cucumber Garlic Bread Seasonal Fruit
17	**18**	**19**	**20**	**21**
Beef Taco Salad w/Tomatoes, Black Beans, Corn Lettuce, Sour Cream Corn Chips Orange	Hot Dogs w/Caramelized Onions Baked Beans Potato Chips Lime Jello	Roasted Chicken On Romaine Salad w/Mandarin Oranges, Almonds, green onions Cheese Toast Seasonal Fruit	Salisbury Steak Mashed Potatoes Roasted Squash Roll w/Butter Cake 	Italian Sausage w/Spaghetti Green Salad Roll w/butter chip Fruit Salad
24	**25**	**26**	**27**	**28**
Teriyaki Chicken Steam Rice Broccoli Cook's Choice Dessert	Meatloaf Mashed Potatoes w/Gravy Green Beans Roll w/butter chip Seasonal Fruit	**No Community Dining** **Volunteer Appreciation Luncheon**	Pineapple Glazed Ham Scalloped Potatoes Roasted Carrots & Onions Roll w/Butter Chef's Choice Dessert	Tilapia w/Corn Meal Crust Mashed Potatoes Roasted Mixed Veggies w/Butternut Squash Seasonal Fruit
		**Menu is subject to change**.		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.

April 2017 Soup & Sandwich Menu Northshore Senior Center

Meals are prepared from scratch daily

Please call in advance to RSVP for lunch (425) 487-2441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5**	**6**	**7**
Salami and Swiss Cheese Sandwich on Wheat Bread Creamy Potato Soup Seasonal Fruit	Egg Salad Sandwich w/Lettuce & Tomato on Wheat Bread Chicken Gumbo Soup Applesauce	Two Meat & Cheese Sandwich on White Bread Barley & Vegetable Soup Peaches w/Yogurt	Cup of soup du jour Small mixed green salad Half sandwich: Bacon Cheese Avocado Ciabatta Cream Puffs	Fish on A Bun w/Tartar Sauce Lettuce and Tomato Clam Chowder Chef's Choice Dessert
10	**11**	**12**	**13**	**14**
Ham & Cheese Sliders w/Lettuce & Tomato On Bun Cream of Broccoli Soup Orange	Pastrami Sandwich w/Lettuce & Tomato on White Bread Lentil Soup Grapes	BLT & Turkey on Wheat Bread Lettuce and Tomato Creamy Tortellini Soup Baked Apple w/topping	Crab Salad Sandwich on White Bread Chicken Noodle Soup Mandarin Oranges	Grilled Cheese on Sourdough Bread Cream of Tomato Soup Seasonal Fruit
17	**18**	**19**	**20**	**21**
Egg Salad Sandwich w/Lettuce & Tomato on Wheat Bread Vegetable Soup Orange	Chicken Salad Sandwich on Rye Bread w/Lettuce & Tomato Black Bean Soup	Chicken Fried Steak Melt Sandwich w/Lettuce & Tomato on Wheat Bread Cream of Mushroom Soup Seasonal Fruit	Ham and Cheese Sandwich w/Lettuce & Tomato on Wheat Bread Chicken Gumbo Soup 	Turkey Lettuce & Tomato on Wheat Bread Creamy Potato Soup Fruit Salad
24	**25**	**26**	**27**	**28**
Turkey & Swiss Sandwich w/Lettuce & Tomato on Wheat Bread Corn Chowder Cook's Choice Dessert	Grilled Cheese & Ham Sandwich on Wheat Bread Navy Bean Soup Seasonal Fruit	**No Community Dining** **Volunteer Appreciation Luncheon**	Tuna Salad Sandwich w/Lettuce & Tomato On White Bread Chicken & Vegetable Soup Chef's Choice Dessert	Egg Salad Sandwich w/Lettuce & Tomato on White Bread Beef & Veggie Soup Seasonal Fruit
		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		