

May 2017 Hot Lunch Menu

Northshore Senior Center

Meals are prepared from scratch daily – Served from 11:45 am – 12:15 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Parmesan Lime & Herbs Orzo Italian Mixed Vegetables Roll w/ butter chip Fruit Salad	Beef Taco Salad w/salsa, sour cream, tortilla chips Black Beans Corn Chef's Choice Dessert	Marinated Pork Tenderloin w/Gravy Roasted Potatoes Roasted Vegetables (Onions, Zucchini, Carrots, Mushrooms) Chocolate Pudding	Fish Tacos w/Cole Slaw Corn Tortillas Rice and Beans Custard	Chicken Alfredo Pasta Green Beans Roll Fruit Cocktail
8	9	10	11	12
Meat Balls in Brown Gravy Mashed Potatoes Green Beans Roll/Butter Chef's Choice Dessert	Turkey & Beans Chili Cheese Broccoli Corn Bread Jell-O	Spaghetti/Meat Sauce Italian Mixed Vegetables Garlic Bread Tropical Fruit Cocktail	Shepherd's Pie Broccoli Roll & Butter Orange	Baked Panko Tilapia Brown Rice Mixed Vegetables Carrots, Cauliflower, Zucchini Lima Beans, Green Beans Apple Cobbler
15	16	17	Birthday Lunch 18	19
Italian Links Pasta Roasted Vegetables (Mushroom, onions, zucchini, yellow squash) Seasonal Fruit	Sloppy Joe on a Bun Potato Chips Green Salad Oranges	Chinese Pepper Steak Steamed Rice Asian Mix Vegetables Broccoli, Green Beans Mushrooms, Water Chestnuts, Red Peppers Peach Crisp	Beef Tacos Spanish Rice Refried Beans Flour Tortilla Cake	Tuna Noodle Casserole Broccoli Cheese Toast
22	23	24	25	26
Chicken Almandine Rice Zucchini Onions Red Bell Peppers Peaches & Yogurt	Beef Enchilada Casserole Green Salad Corn Vanilla Pudding	Chicken Masala over Basmati Rice Broccoli Seasonal Fruit	Sausage Gravy and Biscuits Scrambled Eggs Green Salad Mandarin Oranges	BBQ Chicken on Bun w/ lettuce and tomato Baked Beans Corn Fruited Jell-O
29	30	31		
CLOSED  <i>Memorial Day</i>	Lime & Herb Chicken Mash Potato/W Gravy Mixed Vegetables Tropical Fruit Cocktail	Chicken Fajitas Spanish Rice Refried Beans Corn Tortilla Seasonal Fruit		A \$5 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.

May 2017 Soup & Sandwich Menu

Northshore Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Grilled Cheese on White Bread Tomato Soup Fruit Salad	Salami and Swiss Lettuce & Tomato on Wheat Lentil Soup Chef's Choice	Turkey & Cheese on White Beef Vegetable Soup Chocolate Pudding	Hot Dog The Works French Onion Soup Custard	Egg Salad on Wheat Creamy Potato Soup Fruit Cocktail
8	9	10	11	12
Turkey Lettuce & Tomato on Wheat Chicken Noodle Soup Chef's Choice Dessert	Crab Salad on White Garden Vegetable Soup Jell-O	Ham & Cheese Sliders Creamy Tomato Soup Tropical Fruit Cocktail	Egg Salad on Wheat Chicken Gumbo Soup Orange	Chicken Salad on Rye Minestrone Soup Apple Cobbler
15	16	17	18	19
Salami & Swiss on Wheat Cream of Broccoli Seasonal Fruit	BLT on Wheat Split Pea Soup Oranges	Turkey & Swiss on Wheat Creamy Tortellini Soup Peach Crisp	Grilled Cheese on White Cream Of Tomato Soup Apple	Tuna Salad on Rye Clam Chowder Soup Fruit Cocktail
22	23	24	25	26
Roast Beef Lettuce and Tomato On Wheat Split Pea Soup Vanilla Pudding	Chicken Salad Sandwich on White Bread Potato Vegetable Soup Vanilla Pudding	Salami & Cheddar on Wheat Cream Of Mushroom Soup Seasonal Fruit	Crab Meat Salad on Wheat Rice & Vegetable Soup Cake	Ham & Cheese Lettuce & Tomato Navy Bean Soup Fruited Jell-O
29	30	31		
CLOSED  <i>Memorial Day</i>	Two Meat Sandwich Lettuce & Tomato on Wheat Chicken & Rice Soup Tropical Fruit Cocktail	Tuna Salad on Wheat Chicken Vegetable Soup Seasonal Fruit		Note : All of the sandwiches have the vegetable of the day included