

October 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 INDIAN LUNCH (Vegetarian) Lentil Dal Rice Vegetable Fruit	2 Salmon Chowder Roll Salad Vegetable Fruit	3 Chicken Quesadilla Salad Vegetable Fruit	4 Mustardy Grilled Cabbage and Kielbasa Potatoes Salad Fruit Vegetable
	7 Beef Taco Salad Rice Vegetable Fruit	8 Ethiopian Lentil (Misir Wat) Stew (Vegetarian) Rice Salad Vegetable Fruit	9 Turkey Bolognese Pasta Salad Vegetable Fruit	10 Ham and Cheese Sliders Potato Soup Vegetable Fruit
14 Frittata Potatoes Salad Vegetable Fruit	15 INDIAN LUNCH (Vegetarian) Lentil Dal Rice Vegetable Fruit	16 Sloppy Joe's Salad Vegetable Fruit	17 Thai Green Curry Fish Rice Salad Vegetable Fruit	18 Chicken and Sausage Jambalaya Salad Vegetable Fruit
21 Mac and Cheese Salad Vegetable Fruit	22 Spanish Meatballs Potatoes Salad Vegetable Fruit	23 Pad Thai with Chicken Salad Vegetable Fruit	24 North African Salmon with Chraime Tomato Sauce Rice Salad Vegetable Fruit	25 Spinach Lasagna with Ricotta (Vegetarian) Salad Vegetable Fruit
28 Cajun Honey Butter Salmon Polenta Salad Vegetable Fruit	29 Huevos Rancheros (Vegetarian) Rice Tortilla Salad Vegetable Fruit	30 Turkey Chili Cornbread Salad Vegetable Fruit	31 Peanut Butter Braised Chicken and Greens Rice Salad Vegetable Fruit	A \$5 donation is suggested for seniors 60 and older. Guests under 60 can enjoy a meal for a \$10 charge. We accept Qwest Cards, cash, or checks paid daily, weekly, or monthly.

The menu is subject to change.

Make reservations 48 hours in advance at Front Desk in Person or call 425-487-2441

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