

SESSC MAY 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Creamy Pesto Garlic Chicken on Spaghetti, Roasted Carrot, Green Salad, Fruit	French Dip, Pineapple Cole-slaw, Fries, Sliced Tomato, Tropical Fruit	Cilantro, Lime Chick-en, Steamed Brown Rice, Peas & Carrots Pears	Sausage with Pep-pers & Onions, Baked Potato, Greens, Fruit Cocktail, Roll with butter	Chicken Marsala, Herb Butter Egg Noodles, Mixed Vegeta-bles, Green Salad, Roll with Butter
8	9	10	11	12
Sloppy Jo, Baked Jo-Jos, Roasted Street Corn Salad, Grapes	Teriyaki Chicken, Steamed Brown Rice, Asian Vege-table Mix, Mandarin Orang-es, Roll with Butter	Smothered Pork Chops, Herb Butter Potato, Peas & Carrots, Roll with butter	Jambalaya, Green Salad, Green Beans, Biscuit with Jelly	Fried Chicken, Smashed Red Pota-toes with Sour Cream & Chives, Greens Peaches
15	16	17	18	19
Smoked Salmon Chowder, Cheddar & Garlic Biscuit, Green Salad with Pear & Gorgonzola Cheese, Mixed Fruit	Swedish Meatball, Parsley Butter Penne, Broccoli, Fruit Salad, Roll with Butter	Spaghetti, Italian Vegetable Mix, Cesar Salad, Garlic Bread	Lemon, Garlic Chicken, Wild Rice Pilaf, Broccoli Mix Apple Wedge	Beef Hot Dogs Baked Beans Coleslaw Potato Chips Orange Slice
22	23	24	25	26
Panko Breaded Cod Roasted Potato Coleslaw Bread Sticks	Italian Chicken Stew with cannel-ini beans Green Salad Grapes Biscuit	Cheese Burger with lettuce, tomato & onion Jo-Jo Coleslaw Orange	Curry Chicken Salad on Flatbread Chick Pea Salad Fresh Vegetable Mix Fresh Fruit	Ravioli with Ground Turkey Meat sauce Spinach Salad Roasted Broccoli Garlic Bread
29	30	31		
Memorial Day Holiday SESSC Closed	Breakfast Tuesday Scrambled Eggs Sausage, gravy with Biscuits Hot Cinnamon Ap-ples	Chicken Pasta Florentine Baked Potato Green Salad Roll with Butter		

All Meals Are Prepared from Scratch

Lunch is Served Monday - Friday
12:00pm - 12:45pm

Menu is Subject to Change without
Notice

Cost: \$5.00 Suggested Donation for Age 60+ \$10.00 for All Others

Southeast Seattle Senior Center - 4655 S Holly St, Seattle, WA 98118 206-722-0317 www.sessc.org

Revised 04-15-17