

SESSC AUGUST 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Philly Beef Cheesesteak Cucumber Salad Orange Slice	Chicken Alfredo With Broccoli Green salad Mixed Melon Cornbread	Taco Salad With Corn Salad Orange Slices Croissant WaterMelon	Smothered Liver with Onions Smashed Potato with butter & sour cream Broccoli Roll with Butter
7	8	9	10	11
Panko Breaded Cod Coleslaw Orange Collard Greens	Honey Chicken Roasted Sweet Potato, Carrot & Chick Pea Green Salad Pineapple	Sloppy Joes Garlic French Fries Green Salad Peaches Roll with Butter	Salisbury Steak Mashed Potato Green Beans Melon Roll with butter	Clam Chowder Tuna Sandwich Yogurt with Berries Oranges
14	15	16	17	18
Chicken Spaghetti Green Beans Fruit Salad Garlic Bread	Cheeseburger Broccoli Salad Potato Chips Melon	Baked Lemon Pepper Wings Baked Potato Green Salad Melon	Meatloaf Roasted Potato Mixed Vegetables Water Melon Slice Roll with Butter 	All Beef Hot Dog Baked Beans Macaroni Salad Melon
21	22	23	24	25
Smothered Pork Chops Mashed Potato Mixed Vegetables Pears Roll with butter	Teriyaki Chicken Steamed Rice Asian Coleslaw Mandarin Orange es Roll with butter	Sausage Link with Peppers & Onions Baked Potato Fried Cabbage Peaches Roll with Butter	Beef Tacos with Refried Beans Mexican Corn Salad Fresh Fruit	Chicken Caesar Salad Zuppa Toscana Soup Cheddar Biscuit Grapes
28	29	30	31	
Baked Potato with Toppings Green Salad Cottage Cheese with Fruit	Jambalaya Collard Greens Spiced Peaches Biscuit	Garlic, Lime Baked Chicken Cilantro Rice Mixed Vegetable Sliced Tomato & Cucumber	Beef Lasagna Green Salad Peaches Garlic Bread	

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 05-25-17