


# SESSC JULY 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Choice- Pepperoni or Cheese Pizza Green Salad Oranges	<b>Closed Happy 4th of July</b>	Lasagna Green Salad Garlic Bread Oranges	Baked Chicken Wings Potato Salad Melons-Roll butter	Beef Hot dog Baked Beans Potato Chips Coleslaw
10	11	12	13	14
Baked Ham Scallop Potatoes Roasted Honey Glazed Carrots Orange Roll with Butter	Salisbury Steak Roasted Potato Green Beans Apples Roll with Butter	BBQ Chicken Potato Salad Peaches Roll with Butter	Sweet Potato Burritos Spanish Rice Corn Salad Fruit	Tuna Sandwich with Lettuce & Tomato Smoked Salmon Chowder Cucumber Salad Melons
17	18	19	<b>Birthday Lunch</b> 20	21
Panko Breaded Cod Coleslaw Cucumber Salad Orange Slice	Baked Honey Mustard Chicken Roasted Potato Pea Salad water-melon	Spaghetti Green Beans Green Salad Apple Slices Garlic Bread	Smothered Chicken Roasted Red Potato Broccoli Cauliflower Mix Roll with Butter 	Cranberry Apple Chicken Salad on Lettuce Leaves Tomato Wedge Croissant
24	25	26	27	28
Swedish Meatballs Egg Noodles Roasted Carrots Green Salad Roll with butter	Breakfast Tuesday Spinach, Pepper & Cheese Scramble Hash Browns Bacon Orange	Baked Teriyaki Chicken Wings Steamed Rice Coleslaw Grapes Roll with Butter	Southwest Chicken with Black Beans & Peppers Spanish Rice Sliced Apples Cornbread	Cheeseburger Baked French Fries Carrot Raisin Salad Melons

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](http://www.sessc.org)

Revised 05-25-17

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