

# SESSC SEPTEMBER 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
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				Smothered Liver with Onions Mashed Potato Broccoli Roll with Butter #54c
4	5	6	7	8
Labor Day SESSC Closed	Southwest Chicken Brown Rice Pilaf Peas Peaches Roll with Butter	Salisbury Steak Roasted Potato Green Beans Apples Roll with Butter	Teriyaki Wings Steamed Brown Rice Coleslaw Pineapple Biscuit	Tuna Sandwich Tomato Soup Green Salad Yogurt with berries Potato Chips
11	12	13	14	15
Panko Breaded Cod Macaroni & Cheese Succotash Peaches Cornbread	Baked Garlic Lime Chicken Wings Cilantro Rice Coleslaw Grapes	Meatloaf Mashed Potato Mixed Vegetable Berries Roll with Butter	Cobb Salad Mixed Fruit Chicken Noodle Soup Garlic Biscuit	Pesto Turkey Sandwich with Tomato Broccoli Salad Sliced Orange
18	19	20	<b>Birthday Lunch</b> 21	22
Cheese Burger with Lettuce Tomato & Onion Baked Beans Potato Salad Fresh Fruit	White Chicken Chili with Corn Salad Apple sliced Cornbread	Turkey Swedish Meatballs Egg Noodles Roasted Carrots Fruit Salad	Lemon Garlic Chicken Roasted Potato Peas & Carrots Roll with Butter 	All Beef Hot Dog Baked Beans Macaroni Salad Orange Slice #53b
25	26	27	28	29
Beef Stew Baked Potato Peaches Roll with Butter	Breakfast Tuesday Spinach, Cheese Quiche Hash Browns Bacon Orange	Spaghetti Green Beans Green Salad with Apple Slices Garic Bread	Vegetarian Korma (Curry Vegetables) Steamed Rice Pineapple Naan New	Catfish Baked Potato Coleslaw Peaches Cornbread #81

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)

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