



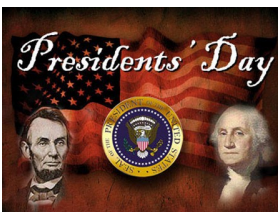


**SouthEast
Seattle
Senior
Center**

Vibrant Diverse Caring

FEBRUARY 2020 COMMUNITY LUNCH PROGRAM MENU



We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.

Monday	Tuesday	Wednesday	Thursday	Friday
3	Black History Program 4	5	6	7
Moroccan Style Chicken wFruits, Roasted Butternut Squash, Green Salad, Fruit	BBQ Chicken, Baked Beans, Collard Greens, Coleslaw, Corn Muffins, Fruit	Philly Cheese Steak Sandwich wPeppers & Onions, Roasted Garlic Potato Wedge, Coleslaw, Oranges	Chicken Tacos wLettuce, Tomato & Avocado Crema, Cold Corn Salad, Chips, Fruit	Vegetable Curry Coconut Korma, Rice Pilaf wVegetables, Cheddar Garlic Biscuit, Green Salad, Fruit
10	11	12	13	Happy Valentine's Day 14
Grilled Ham & Cheese Sandwich, Tomato Bisque Soup, Green Salad, Fruit	Hoisin Glazed Chicken Thighs, Rice, Coleslaw with Mandarin Orange, Fruit	Chicken, Shrimp & Sausage Jambalaya, Collard Greens, Spiced Peaches, Cornbread wRed Peppers & Corn, Fruit	Baked Apricot Glazed Ham, Scalloped Potatoes, Broccoli Mix, Green Salad, Roll wButter, Fruit	Cheeseburgers wLettuce & Tomato, Roasted Potato, Coleslaw, Fruit Salad
CLOSED 17	18	19	Birthday Lunch 20	21
 Presidents' Day	BBQ Pork Sandwich, Roasted Potato Wedge, Coleslaw wApple, Orange Slice	Lemon Chicken, Baked Potato, Roasted Carrots, Green Salad, Roll w/Butter, Fruit	 Smothered Pork Chops, Smashed Garlic Potatoes, Green Beans wBacon & Onions, Roll wButter, Fruit Slice 	Zuppa Toscana Soup, Green Salad wTomato, Cucumber & Radishes, Biscuit wJelly, Orange Slice
24	25	Lent/Ash Wed. 26	27	28
Liver and Onions, Mashed Potato, Mixed Vegetable, Fruit, Roll with Butter	Beef Goulash, Buttered Peas, Green Salad, Garlic Cheese Bread, Fruit	Panko Breaded Fish, Baked Potato, Coleslaw, Fruit	Lasagna, Green Beans, Green Salad, Garlic Cheese Bread, Fruit	African Peanut Soup wGreens, Roasted Sweet Potato, Biscuit with Jelly, Fruit



All meals are made from scratch

Lunch is served:
12:00 pm - 12:45 pm on Monday, Tuesday, Thursday and Friday
11:45 am - 12:30 pm on Wednesday

Menu is subject to change without notice.

Cost: \$4.00 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