

SESSC JULY 2018 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Sausage with Peppers & Onions Baked Potato Green Salad with	BBQ Pork Asian Salad Orange Slice Croissant	SESSC Closed 4th of July	Liver & Onions Mashed Red Potato Mixed Vegetable Fruit Roll with butter	Cheeseburger with Lettuce, Tomato, Pickle Baked Beans Macaroni Salad
9	10	11	12	13
BBQ Chicken Wings Roasted Potatoes Coleslaw Fruit Roll with Butter	Chicken Marsala Mushroom Risotto Green Salad Fruit	Swedish Meatball Butter Parsley Pasta Mixed Vegetable Fruit Cornbread	All Beef Hot dog Potato Chips Broccoli Salad Orange Slice	Smoked Salmon Chowder Green Salad Fruit
16	17	18	Birthday Lunch 19	20
Jambalaya Collard Greens Spiced Peaches Cornbread	French Dip Broccoli Cauliflower Mixed Vegetables with Ranch Potato Chips	Spaghetti Green Salad with Cucumber & Tomato, Fruit Garlic Bread	Creamy Tuscan Spinach & Dried Tomato Chicken Wild Rice Pilaf Green Beans Roll with Butter	Chicken Cranberry Salad on flat bread Potato Chips Orange Wedge
23	24	25	26	27
Panko Breaded Cod Roasted Parmesan Potato Fruit Cornbread	Teriyaki Chicken Steamed Rice Asian Coleslaw with Mandarin Oranges Roll with Butter	BBQ Chicken Potato Salad Sliced Tomato & Cucumber Cornbread Fruit	Turkey Taco Salad Cold Corn Salad Fruit	Baked Ham Scalloped Potato Peas & Carrots Fruit
30	31			
Chicken Alfredo Broccoli Green Salad Garlic Bread Fruit	Scrambled Eggs with Cheese and spinach French Toast Sausage Fruit Topping			

All Meals Are Prepared from Scratch

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

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

Revised 06-28-18