

SESSC NOVEMBER 2018 *HOT LUNCH MENU*

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sausage w/Peppers & Onions Baked Potato Green Salad w/Tomato Fruit	Ham & Cheese Sandwich w/Lettuce & Tomato Tomato Soup Apple Slices
5	6	7	8	9
Liver & Onions Mashed Red Potato Mixed Vegetable Roll w/butter Fruit Alternative: Chicken Strips	Shepard Pie Green Salad Roll w/butter Fruit	Chicken Alfredo Broccoli Green Salad Garlic Bread Orange Slices	Baked Lemon Pepper Chicken Wings Baked Potato Coleslaw Grapes	Shrimp Salad on flat bread Potato Chips Pea Salad Orange Wedge
12	13	14	15	16
 SESSC Closed	Teriyaki Chicken with Pineapple & Green Peppers Steamed Rice Asian Coleslaw Mandarin Oranges	Beef Stroganoff with Mushrooms Green Salad Mixed Vegetable Biscuit Fruit	 Lions Club  Free Thanksgiving Lunch	Hamburger Taco Soup Grilled Cheese Green Salad Fruit
19	20	21	22	23
Zuppa Toscana Soup 1/2 Roast Beef Sandwich w/Lettuce & Tomato Green Salad Fruit	Spaghetti Green Salad w/Cucumber & Tomato Garlic Bread Fruit	Baked Ham Scalloped Potato Peas & Carrots Green Salad Roll w/butter Fruit	 SESSC Closed	
26	27	28	29	30
	Casino Trip			
All Beef Hot dog Potato Chips Broccoli Salad Orange Slice	French Toast w/Berries Scrambled Eggs w/Spinach & Peppers Bacon Fruit	Creamy Turkey w/Vegetables over Biscuit Green Salad Fruit	Chicken Chili w/Vegetables Green Salad Cornbread Fruit	Cheese Burgers w/Lettuce, Tomato & Pickle Carrot Salad Potato Chips Fruit

All meals are prepared from scratch.

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

Revised 10/29/18