

# MARCH 2019 COMMUNITY LUNCH PROGRAM MENU

Mon	Tue	Wed	Thu	Fri
 <div style="display: flex; justify-content: center; align-items: center;"> <div style="text-align: center;"> <h2>MARCH</h2> <p>goes in like a <b>LION</b> &amp; out like a <b>LAMB</b></p> <p><small>kissmylist.com</small></p> </div> <div style="text-align: center;">  </div> </div>				1
4	5	<b>Lent/Ash Wed. 6</b>	7	8  International Women's Day
Shepherd's Pie, Green Salad, Roll w/Butter, Fruit	Chicken Tacos w/Lettuce & Tomato, Mexican Corn w/Red Pepper, Fruit Salad	Chicken Alfredo, Broccoli, Green Salad, Garlic Bread, Orange Slices	Sausage w/Peppers & Onions, Baked Potato, Green Salad w/Tomato, Orange Wedge	Baked Lemon Pepper Chicken Wings, Baked Potato Coleslaw w/Apples & Grapes, Broccoli Salad
11	12	13	14	15
Ham & Cheese Sandwich w/Lettuce & Tomato, Coleslaw, Chips, Juice Box	<b>Pizza Tuesday</b> Garden Salad Cookies Orange	Tuna Sandwich w/Lettuce & Tomato Green Salad, Fruit, Chips, Juice Box	<b>Chef's Choice</b>	Shrimp Salad on Flat Bread, Potato Chips, Pea Salad, Orange Wedge
18	19	20	 <b>Birthday Lunch 21</b>	22
Cheeseburger w/Lettuce & Tomato, Potato Chips, Baked Beans, Mixed Fruit Salad	Chicken Parmesan, Green Beans , Green Salad, Garlic Bread, Fruit	Philly Beef Cheese Steak w/Onions & Peppers, Roasted Potato Wedge, Green Salad, Fruit Salad	Herb Baked Chicken, Scalloped Potatoes, Peas & Carrots, Green Salad, Roll w/Butter, Fruit 	Creamy Turkey w/Peas, Carrots & Green Beans over a Biscuit, Green Salad, Fruit
25	26	27	28	29
All Beef Hot Dog w/Chili, Onion & Cheese, Macaroni & Cheese, Green Salad, Orange Slice	Bacon, French Toast w/Berries, Scrambled Eggs, w/Spinach, Cheese, Broccoli & Peppers	Cheese Burger w/Lettuce, Tomato, Pickle, Coleslaw, Potato Chips, Fruit Salad	Spaghetti w/Beef Meatballs, Green Beans, Green Salad w/Cucumber & Tomato, Fruit	Zuppa Toscana Soup, 1/2 Roast Beef Sandwich w/ Lettuce & Tomato, Orange Slice

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

Revised: 02/28/2019