



April 2019 Community Dining Menu



Mon	Tue	Wed	Thu	Fri
April Fool's Day 1	2	3	4	5
Philly Sandwich w/Peppers & Onions, Garlic Potato Wedge, Coleslaw, Fruit	Smoked Salmon Chowder w/Veggies, Garlic Cheddar Biscuit, Green Salad, Fruit	Swedish Meatballs, Butter Parsley Pasta, Peas & Carrots, Green Salad, Fruit	Chicken Alfredo, Broccoli, Green Salad, Garlic Bread, Fruit	Goulash, Roasted Carrots, Green Salad, Fruit 
8	9	10	11	RAINBOW BINGO 12
Ham & Cheese Sandwich w/Lettuce & Tomato, Black-Eyed Pea Soup, Green Salad, Chips, Fruit	Honey Glazed Chicken, Roasted Sweet Potatoes & Carrots, Green Salad, Oranges	BBQ Chicken, Garlic Fries, Peas, Green Salad, Fruit 	Chicken Sour Cream Enchilada w/Peppers & Onions, Spanish Rice, Corn Salad, Fruit	Shrimp Salad on Flat Bread, Potato Chips, Pea Salad, Orange Wedge
15	16	17	 Birthday Lunch 18	19
Chili Dogs, Chips, Coleslaw w/apple, Fruit 	Shepard's Pie, Green Salad, Rolls w/Butter, Fruit	Cheeseburger w/Lettuce, Tomato, & Pickle, Baked Beans, Macaroni Salad, Fruit	Lemon Garlic Chicken, Garlic & Chive Smashed Potatoes, Normandy Mixed Vegetables, Apple Slice Roll with Butter	Lasagna, Italian Vegetables, Green Salad, Garlic Bread, Mixed Fruit
22	23	24	25	26
Liver & Onions, Alternative: Ham Slice Mashed Potatoes, Mixed Vegetables, Fruit	Teriyaki Wings, Rice Pilaf w/Peas & Carrots, Coleslaw, Fruit	Spaghetti w/Beef Meatballs, Green Beans, Green Salad w/Cucumber & Tomato, Garlic Bread, Fruit	Taco Salad w/Black Beans & Red Peppers, 1/2 Cheese Quesadilla, Apple Slice 	Grilled Ham & Cheese Sandwich, Zuppa Toscana Soup, Green Salad, Pears
29	Casino Trip 30			
Panko Breaded Cod, Baked Potato, Coleslaw, Sliced Tomato, Fruit	French Toast, Sausage Patty, Scramble Eggs w/Spinach & Peppers, Fresh 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

Revised: 03/18/2019