



**SouthEast
Seattle
Senior
Center**

Vibrant Diverse Caring

May 2019

Community Dining

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| | | May Day 1 | 2 |  3 |
|  | | Beef Lasagna, Green Beans, Green Salad, Peaches  | Smothered Pork Chops w/Peppers and Onions, Herb Buttered Potatoes, Roasted Carrots, Fruit Mix |  Beef Tacos, Spanish Rice, Corn Salad, Fresh Fruit |
| 6 | 7 | 8 | 9 | 10 |
| Baked Herb Chicken, Macaroni and Cheese, Green Salad, Pears  | Grilled Ham & Cheese Sandwich, Zuppa Toscana Soup, Green Salad, Pears  | Salisbury Steak, Roasted Potatoes, Green Beans, Rolls with Butter, Apples | Creamy Tuscan Chicken w/Spinach & Tomato, Rice Pilaf, Green Beans, Fruit | Baked Potato w/Chili & Cheese, Green Salad, Cottage Cheese w/Fruit  |
| 13 | 14 | 15 | Birthday Lunch 16 | CLOSED 17 |
| Jambalaya, Collard Greens, Biscuit, Spiced Peaches  | Teriyaki Chicken, Steamed Rice, Asian Coleslaw, Roll w/Butter, Mandarin Oranges | Baked Ham, Scalloped Potatoes, Peas & Carrots, Fruit  | BBQ Chicken, Potato Salad, Green Salad w/Tomato, Apple Slice HAPPY BIRTHDAY | STAFF "OFFSITE" RETREAT  |
| 20 | 21 | 22 | 23 | 24 |
| Panko Breaded Cod, Roasted Parmesan Potatoes, Green Salad, Cornbread, Peaches | Baked Lemon Pepper Chicken Wings, Baked Potato, Coleslaw w/Apples, Rolls w/Butter, Grapes | Spaghetti, Green Beans, Green Salad, Garlic Bread, Fruit Salad | Sweet Potato Burrito w/Black Beans, Peppers & Cheese, Green Salad, Fruit Mix | Chicken Patty Sandwich w/Lettuce, Tomato & Pickle, Potato Chips, Fruit |
| CLOSED 27 | 28 | 29 | 30 | 31 |
|  | Sausage, Scrambled Eggs w/Ham, Cheese & Spinach, Pancakes, Fruit Topping | Sausage w/Peppers & Onions, Baked Potato, Green Salad, Peaches | BBQ Pork Sandwich, Coleslaw w/Apple Pea Salad, Orange Slice  | Grilled Pesto Turkey Sandwich w/Tomato, Coleslaw, Fruit Mix  |

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: 03/19/2019