





**SouthEast
Seattle
Senior
Center**

Vibrant Diverse Caring



June 2019

Community Lunch Program Menu

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Creamy Tuscan Chicken, Spinach & Dried Tomato, Wild Rice Pilaf, Green Beans, Fruit | Philly Beef Cheese Steak w/Onions & Peppers, Roasted Potato Wedge, Green Salad, Fruit Salad | Meatloaf, Garlic Mashed Potatoes, Green Beans, Fruit | Herb-Baked Chicken, Scalloped Potatoes, Peas & Carrots, Green Salad, Fruit | Grilled Ham & Cheese Sandwich, Creamy Tomato Soup, Green Salad, Fruit |
| 10 | 11 | 12 | 13 | RAINBOW BINGO Western 14 |
| Chicken Alfredo, Broccoli, Green Salad, Garlic Toast, Fruit | Roasted Pork Loin w/Balsamic Glaze, Rice Pilaf, Green Salad, A Roll w/Butter, Fruit | Swedish Meatball, Butter Parsley Pasta, Mixed Vegetable, Cornbread, Fruit | Beef Chili Dogs, Roasted Potato, Coleslaw, Fruit | Chicken Cranberry Salad, Sliced Tomato, Potato Chips, Orange Wedge  |
| 17 | JUNETEENTH 18 | 19 | Birthday Lunch 20 | 21 |
| Panko Breaded Cod, Roasted Parmesan Potato, Cornbread, Fruit | Lemon Pepper Chicken Wings, Collard Greens, Coleslaw w/Apples and Grapes, Cornbread w/Butter, Peach Cobbler, Fruit | Cheese Burger w/Lettuce, Tomato, Onion & Pickle, Macaroni Salad, Fruit | Baked Ham, Scalloped Potatoes, Peas & Carrots, Fruit  | Taco Salad, 1/2 Cheese Quesada, Melon |
| 24 | 25 | 26 | 27 | 28 |
| Lemon Chicken, Rice Pilaf, Green Beans w/Bacon & Onions, Fruit | Sausage, Scrambled Eggs w/Ham, Cheese & Spinach, French Toast, Fruit Topping | BBQ Chicken, Potato Salad, Sliced Cucumber & Tomato, Corn Bread, Fruit | Grilled Polish Sausage w/Peppers & Onions on a Roll, Baked Potato, Green Salad, Fruit | Smoked Salmon Chowder w/ Vegetables, Cheddar Garlic Biscuit, Green Salad, 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: 4/30/19