



April 2020
Community Dining Menu

Mon	Tue	Wed	Thu	Fri
		April Fool's Day 1	2	3
		Beef Lasagna, Green Beans, Garden Salad, Garlic Bread Fruit	Swedish Meatballs wPenne Pasta, Peas & Carrots, Garden Salad, Fruit	Grilled Ham & Cheese Sandwich, Creamy Tomato Soup, 3 Bean Salad Green Salad, Fruit
6	7	8	9	10
Ground Beef Tacos wLettuce & Tomato, Green Salad, Fritos Fruit	Teriyaki Chicken, Steamed Rice, Cucumber Salad, Asian Coleslaw, Roll with Butter, Mandarin Oranges	Apricot Baked Ham, Scalloped Potato, Peas & Carrots, Kale Apple Salad, Fruit	BBQ Chopped Chicken, Vegetable Salad, Garlic Cheddar Biscuit, Corn Chips, Fruit	Chicken Patty, Sandwich wLettuce, Tomato, Pickle, Green Salad, Potato chips, Fruit
13	14	15	 Birthday Lunch 16	17
Grilled Sausage wOnions & Peppers, Braised Cabbage wBacon, Baked Potato, Coleslaw, Cornbread, Fruit	Chicken Coconut Curry wVegetables, Steamed Rice, Green Salad, Fruit	Spaghetti wBeef Sauce, Green Beans, Green Salad, Garlic Bread, Fruit Salad	Creamy Tuscan Chicken wSpinach & Tomato, Rice Pilaf, Green Beans, Fruit	Zuppa Toscana Soup, Green Salad wTomato, Cucumber & Radishes, Biscuit with Jelly, Orange Slice
20	21	22	23	24
Panko Breaded Cod, Paprika Garlic Potato Wedge, Coleslaw, Sliced Dill Cucumbers, Fruit	Vegetarian Mexican Stuffed Peppers, Green Salad wAvocado Slice, Fruit	Hamburger Steak wGravy, Roasted Potato, Green Beans, Green Salad, Roll wButter, Apples	Lemon Chicken Piccata, Rice Pilaf, Green Beans, Fruit	African Peanut Stew wVegetables, Collard Greens, Sweet Potato Casserole, Green Salad, Apple Slices
27	28	29	30	
Chicken Alfredo, Broccoli, Green Salad, Garlic Bread, Orange Slices	Egg, Cheese & Vegetable Scramble, Fried Ham Slice, Spinach Strawberry Salad, Fresh Fruit	BBQ Chicken Baked Potato Collard Greens, Green Salad, Cornbread, Spiced Peaches	Dill Lemon Salmon Burgers wAioli Sauce, Roasted Garlic Potato, Coleslaw, 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