

# MARCH 2020 COMMUNITY LUNCH PROGRAM MENU



| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| 2  | 3   | 4   | 5   | 6  |
| Sweet Potato Burrito, Spanish Rice, Corn Salad, Fruit                                | Hamburger Steak wMushroom Gravy, Smashed Red Potatoes, Green Salad, Fruit   | Fettuccini Parmesan Chicken, Spinach Salad, Green Beans, Fruit  | Curry Chicken Salad wFruit, Green Salad, Chips, Fruit                                 | Broccoli Cheddar Soup, Garlic Cheddar Biscuit, Garden Salad, Fruit   |
| 9  | 10  | 11  | 12  | <b>RAINBOW Bingo 13</b>  |
| Creamy Pesto Shrimp, Baked Potato, Roasted Carrots, Green Salad, Roll wButter, Fruit | Chicken Parmesan, Penne Pasta, Peas, Green Salad, Fruit   | Waikiki Sweet & Sour Meatballs wPeppers & Pineapples, Steamed Rice Mixed Vegetable, Fruit   | BBQ Chicken Wings, Baked Potato, Pea Salad, Coleslaw, Fruit                           | Ham & Potato Soup, Green Salad, Biscuit with Jelly, Fruit<br> |
| 16   | <b>St. Patrick's Day 17</b>   | 18  | <b>Birthday Lunch 19</b>  | 20   |
| Panko Breaded Cod, Potato Wedge, Broccoli Mix, Garden Salad, Cornbread, Fruit        | Corned Beef, Cabbage, Potatoes & Carrots, Green Salad, Roll wButter, Fruit<br> | Baked Herb Chicken, Macaroni & Cheese, Green Salad, Mixed Vegetable, Cornbread  | Moroccan Chicken, w/Vegetables & Fruits, Rice Pilaf, Green Salad, Roll wButter, Fruit | BBQ Pork Sandwich, Garlic Potato Wedge, Pea Salad, Coleslaw, Fruit   |
| 23   | 24  | 25  | 26  | 27   |
| Beef Burrito Pie, Corn Salad, Green Salad, Fruit                                     | Grilled Sausage wPeppers and Onions, Baked Potato, Coleslaw, Fruit  | Spaghetti wBeef Meatballs, Buttered Peas, Green Salad, Garlic Cheese Bread, Fruit   | Teriyaki Chicken, Steamed Rice, Asian Coleslaw, Mixed Vegetables, Fruit               | Pasta Fagioli Soup, Green Salad, Garlic Bread Stick, Fruit   |
| 30   | 31  | <b>Saint Patrick's Day</b><br>Cultural and Religious Celebration  |   |  |
| Chili Dogs wCheese and Onions, Broccoli Salad, French Fries, Fruit                   | Tomato Soup, Grilled Ham & Cheese Sandwich, Garden Salad, Fruit   |  <p>Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.</p> |   |   |

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