

November 2023 Community Dining by Chef Corday



SouthEast Seattle Senior Center
Vibrant Diverse Caring

Community Dining Hours: 12:00 – 12:45pm / Suggested \$4 donation.

*All menu items are subject to change without notice (**rev 11/13/23**)

Mon.	Tue.	Wed.	Thu.	Fri.
		<p>1</p> <p>BBQ Beef Spaghetti Green Beans Green Salad Roll Fruit Cocktail</p>	<p>2</p> <p>Baked Apricot Chicken Mashed Potatoes Green Peas Roll Fruit Cup</p>	<p>3</p> <p>Sub #8 Sandwiches Tomato Soup Oyster Crackers Fruit Dessert</p>
<p>6</p> <p>Split Pea & Ham Soup Garlic Bread Rainbow Chard Fruit Salad</p>	<p>7</p> <p>Beet Root Pasta w/ Chicken, Goat Cheese, and Walnuts Sautéed Kale w/Onion Garden Fruit Salad</p>	<p>8</p> <p>Salmon Croquettes w/ Blueberry Compote Rice Pilaf Roasted Asparagus Roll, Fresh Fruit Veterans' Luncheon</p>	<p>9</p> <p>Beef Bourguignon w/celery, carrot and onion Polenta and Glazed Carrots Cornbread, Fruit Double Lunches</p>	<p>10</p> <p>CENTER CLOSED Recognition of VETERANS DAY</p>
<p>13</p> <p>Honey Walnut Chicken Fried Rice Grilled Broccoli Fresh Fruit</p>	<p>14</p> <p>Stuffed Cabbage with Turkey and Rice w/Carrot Puree Roll Fresh Berries</p>	<p>15</p> <p>Moco Loco w/ Rice Cucumber Tomato Salad Roll Fresh Fruit Cup</p>	<p>16</p> <p>Lions Oct & Nov Birthday Lunch Roasted Turkey Breast Southern Style Dressing, Green Beans & Fruit Cocktail</p>	<p>17</p> <p>Shrimp & Grits Sautéed Spinach Cheddar Biscuits Fruit Compote with Granola</p>
<p>20</p> <p>Chicken & Sausage Gumbo w/Okra, Corn, and Tomato Cornbread Fresh Berries</p>	<p>21</p> <p>Smothered Chicken Mashed Potato Peas & Carrots Roll Sliced Oranges Lunch & Learn</p>	<p>22</p> <p>Roasted Carrot Soup w/ Crème Fraiche, Kale and Chickpeas Bruschetta Fruit Cup</p>	<p>23</p> <p>CENTER CLOSED THANKSGIVING DAY (Dinner 12-3pm)</p>	<p>24</p> <p>CENTER CLOSED DAY AFTER THANKSGIVING</p>
<p>27</p> <p>Eggs, Hashbrown Potatoes, Biscuits Eggs, Zucchini, Bacon, or Sausage Fresh Berries</p>	<p>28</p> <p>Stuffed Peppers w/Beef & Onion, Celery and Carrot Seasoned Rice, Garlic Toast and Fruit</p>	<p>29</p> <p>Baked Potato Soup w/ Chicken and Bacon Rainbow Chard Roll Fruit</p>	<p>30</p> <p>Deluxe Hamburger w/Tomato, Cheese, Grilled Onion, and Bacon and Carrot Raisin Salad Home Fries</p>	