



Menu ~ November 2016

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Split Pea Soup Mixed Vegetables Wheat Roll Apple Streusel Cake	2 Pork Tenderloin Bake Mashed Potatoes Baby Carrots Wheat Roll Kiwi & Oatmeal Raisin Cookie	3 Chicken Parmesan Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar & Juice	4 Country Fried Steak Potatoes Peas & Carrots Whole Wheat Roll Pears
	7	8 Chicken Teriyaki Rice Asian Vegetables Pears Fortune Cookie	9 Chicken Margarita Egg Noodles Salad Breadsticks Apple	10 Beef Barley Soup Caesar Salad Melon Ginger Snaps
14	15 Meatloaf Mashed Potatoes Sliced Carrots Wheat Roll Pears Apple Juice	16 Oven Fried Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll Peaches Birthday Cake Birthday Luncheon	17 Beef Chili Colorado Spanish Rice Black Bean Salsa Chips Mixed Fruit Orange Sherbet	18 Thanksgiving Luncheon Roast Turkey Mashed Potatoes & Gravy Green Beans Yams Wheat Roll Pumpkin Pie Reservation Required 
21	22 Spaghetti w/Broccoli & Chicken Pea Salad Breadstick Berries & Whip Topping	23 Beef Tips Brown Rice Spinach Corn Bread Apricots	Closed Observance of Thanksgiving Day Holiday	Closed Observance of Thanksgiving Day Holiday
28	29 Sloppy Joe Tomato & Cucumber Salad Green Peas Apricots Brownie	30 Lemon Pepper Fish Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice	Meals are provided by Catholic Community Service. The suggested donation is \$3 for individuals 60 or over. Salads are usually available on most Tuesdays, Thursdays & Fridays at 11:15 a.m.	



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<p>Meals are provided by Catholic Community Service. The suggested donation is \$3 for individuals 60 or over. The meals served on December 23 and December 27 are not part of Catholic Community Service and are "Cooks Choice" meals. Menus are subject to change.</p> <p>Salads are usually available on most Tuesdays, Thursdays & Fridays at 11:15 a.m.</p>			<p>1 BBQ Beef Sandwich Baked Potato Peas & Carrots Pears</p>	<p>2 Vegetable Soup Ham Croissant Apple</p>
<p>5</p> 	<p>6 Pork Chop Mashed Potatoes & Gravy Spinach Roll Mandarin Oranges</p>	<p>7 Kielbasa Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit</p>	<p>8 Beef Stew Biscuit Green Salad Peaches Orange Juice</p>	<p>9 Broccoli Cheese Soup Turkey Sandwich Apple Crisp Whipped Topping</p>
<p>12</p>	<p>13 Swiss Steak Mashed Potatoes & Gravy Tomatoes & Zucchini Roll Carrot Cake</p>	<p>14 Orange Glazed Fish Rice Pilaf Asparagus Dinner Roll Oranges</p>	<p>15 Fish & Chips Steak Fries Coleslaw Banana Jello Cup</p>	<p>16 Holiday Luncheon Ham w/Pineapple Candied Yam Vegetables & Roll Chocolate Cream Pie Reservations Required</p>
<p>19</p>	<p>20 Pork Carnita Rice Tomato & Cucumber Salad Melon Vanilla Wafers</p>	<p>21 Sweet & Sour Meatballs Rice Broccoli Pineapple Chunks Jello Cup Birthday Party</p>	<p>22 Dill Fish Pasta Salad Sugar Cookie Mandarin Orange</p>	<p>23 Cook's Choice Baked Potato w/Chili Cheese and Sour Cream Veggies Dessert</p>
<p>26</p>	<p>27 Cook's Choice Lasagna Veggies Dessert</p>	<p>28 Salmon Filet Green Salad Wild Rice Broccoli & Roll Special Holiday Dessert End of Year Party</p>	<p>29 Chicken Fajita Spanish Rice Whole Pinto Beans Ice Cream Peaches</p>	<p>30 Chinese Pepper Steak Brown Rice Stir Fried Vegetables Kiwi Fortune Cookie Ice Cream</p>