



Menu ~ January 2017

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>Center is Closed for New Year's Holiday</p>	<p>3</p> <p>Chef Salad Breadsticks Peaches Apple Juice Orange Sherbet</p>	<p>4</p> <p>Salisbury Steak Mashed Potatoes & Gravy Carrots Spinach Salad</p>	<p>5</p> <p>Lentil Soup Ham Sandwich Cantaloupe</p>	<p>6</p> <p>Baked Cod Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit & Roll</p>	
<p>9</p>	<p>10</p> <p>Turkey Pot Pie Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice</p>	<p>11</p> <p>BBQ Pork Sandwich Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar</p>	<p>12</p> <p>Lime Fish Salad Zucchini Linguini Breadstick Strawberry Rhubarb Crisp</p>	<p>13</p> <p>Macaroni & Cheese Brussels Sprouts Wheat Roll Fruit Cocktail Cookie</p>	
<p>16</p> <p style="text-align: center;">Center is Closed For the Martin Luther King Jr. Holiday</p>	<p>17</p> <p>Wild Rice Soup Chicken Santa Fe Salad Saltines Berries & Whipped Topping</p>	<p>18</p> <p>Ham Spiral Noodles Winter Mix Vegetables Sourdough Bread Apricots Birthday Cake Birthday Party</p>	<p>19</p> <p>Taco Bake Casserole Seasoned Corn Pinto Beans Melon</p>	<p>20</p> <p>Chicken Fried Rice Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange</p>	
<p>23</p>	<p>24</p> <p>Beef Stroganoff Peas & Carrots Roll Banana</p>	<p>25</p> <p>Amandine Fish White Potatoes Broccoli Wheat Roll Chocolate Pudding</p>	<p>26</p> <p>Chicken Noodle Soup Ham Sandwich Oyster Crackers Strawberries & Whipped Topping</p>	<p>27</p> <p>Beef Stir Fry Rice Asian Vegetables Fortune Cookie Peaches</p>	
<p>30</p>	<p>31</p> <p>Stuffed Bell Pepper Salad Whole Wheat Roll Peach Crisp</p>				<p style="text-align: center;">Catholic COMMUNITY Services <small>OF WESTERN WASHINGTON</small></p>



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 <p>Catholic COMMUNITY Services <small>OF WESTERN WASHINGTON</small></p>		1 Roast Beef Mashed Potatoes Asparagus Roll Fruit Salad	2 Chicken, Potato & Pea Salad Carrots Wheat Roll Fruit Cocktail & Lemon Bar	3 Ivar's Clam Chowder Salad Bread Sticks Mixed Berries & Whipped Topping
6	7 Baked Chicken & Apple Zucchini Linguini Broccoli Wheat Roll Applesauce	8 Shepherd's Pie Garden Salad Fruit Cocktail Roll	9 Sweet & Sour Pork Chinese Chicken Soup White Rice Mandarin Orange Fortune Cookie	10 Fish Burger Spinach Salad Broccoli Orange Wedge Pudding
13	14 Broccoli Cheese Fish Corn Chowder Scandinavian Vegetables Roll Plums	15 Pork BBQ Ribs Scalloped Potatoes Broccoli Pears & Wheat Roll Sweeties Dance & Birthday Party	16 Spaghetti & Meatballs Corn Garlic Bread Pears	17 Chicken & Dumpling Salad Vegetable Blend Tropical Fruit Salad
20 Closed for the PRESIDENT'S DAY Holiday	21 Philly Cheesesteak Salad Grapes Orange Juice	22 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots	23 Chicken Cacciatore Stewed Zucchini Pears	24 Florentine Fish Red Potatoes Zucchini in Stewed Tomatoes Roll Cherri Crisp
27	28 Chicken Enchilada In White Sauce Tomato & Cucumber Salad Pears Ice Cream			