

SESSC MARCH 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
		1	2	4
		Baked Herb Chicken Roasted Sweet Potato, Carrot & Chick Pea Fruit, Biscuit	Clam Chowder Biscuit Yogurt with Berries	Jambalaya Green Salad Green Beans Apple Slice
6	7	8	9	10
Turkey Chili Green Salad Corn Bread	Chicken Parmesan Green Salad Cottage Cheese with Fruit	Spaghetti Green Beans Green Salad Garlic Bread	Panko Breaded Cod Lemon Orzo Coleslaw Orange Roll with Butter	Beef Stew with Pota- to, Celery and Carrot, Peaches, Salad Roll with Butter
13	14	15	16	 17
Baked Fried Chicken Mashed Potatoes Mixed Vegetable Sliced Tomato Corn Bread	Beef Tacos w/ Black Beans Corn Chips Apple Slice	Vegetable Soup Biscuit Peaches Salad	Birthday Lunch BBQ Chicken Roasted Potato Mixed Vegetable 	St. Patrick's Day Corned Beef & Cabbage Roasted Potato & Car- rot Apple Slice
20	21	22	23	24
Baked Ham Scallop Potato Honey Glazed Carrot Roll with Butter	Roasted Turkey Mashed Potato Peas & Carrot Green Salad	Beef Stroganoff Peas & Carrots Cinnamon Applesauce Roll w/Butter	BBQ Pork Sandwich Coleslaw with Apple, Fresh Broccoli, Carrot and Cauliflower Mix	Grilled Reuben Sliced Tomato Potato Chips
27	28	29	30	31
Smothered Chicken Mashed Red Potatoes Greens Biscuit	Scrambled Egg w/ Pepper, Spin- ach & Cheese Pancake with Fruit Sausage	Sloppy Jo Green Salad Tropical Fruit	Teriyaki Chicken Steamed Rice Asian Cabbage Salad	Cheeseburger with lettuce, tomato, onion, pickle Coleslaw Potato Chips

All Meals Are Prepared from Scratch

Lunch is Served Monday - Friday
12:00pm - 12:45pm

Menu is Subject to Change without
Notice

Cost: \$5.00 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

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