




Shoreline Lake Forest Park Senior Center Hot Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Milk choices: Skim, Chocolate, 2% Milk available <i>Special thanks to our volunteers and Starbucks & Ivar's for donating their products to Community Dining</i></p>	<p>A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.00</p>			<p>Baked Fish Assorted Vegetables Rice Dinner Roll w/butter Strawberry Shortcake</p>
4	5	6	7	8
<p>CLOSED FOR LABOR DAY</p> 	<p>Turkey Meat Loaf BBQ Baked Beans Sautéed Mixed Greens Fresh Oranges</p>	<p>Grilled Cheese and Ham Sandwich Tomato Soup Crackers Citrus Fruit Salad</p>	<p>Southern Style Pork Chop Mashed Potato Gravy Corn</p>	<p>Tuna Salad Sandwich with Lettuce, Tomato Clam Chowder Apricots & Strawberries</p>
Grandparents 11	12	13	14	15
<p>Hamburger Steak with Gravy Mashed Potato Steamed Carrots with Butter Dessert</p>	<p>Liver and Sauteed Onion with bacon Mashed Potatoes Gravy Brussel Sprouts Fresh Melon</p>	<p>Turkey Sandwich With Lettuce Tomato and Pickle Green Salad Ranch Dressing Jello with Fruit Cocktail</p>	<p>Spaghetti with Tomato Sauce Meatballs Tossed Salad Garlic Bread Mixed Fruit</p>	<p>Beef Teriyaki Stir Fry with peppers and onions Rice Garlic Bread</p>
18	19	20	Birthday 21	22
<p>Macaroni and Cheese with Ham 3-Bean Salad Roll with Butter Cantaloupe</p>	<p>Chicken burger On a Bun French Fries 4 Bean Salad Raspberry Jell-O with bananas</p>	<p>Ham Sandwich With lettuce tomato pickle Split Pea Soup Crackers Fresh melon</p>	<p>Baked Salmon With Rice onion Mixed Vegetables Pineapple Coleslaw Roll w/butter Birthday Cake </p>	<p>Breaded Fish with roasted wedge potatoes Steamed Broccoli Roll w/butter Fresh oranges</p>
25	Oktober Fest 26	27	28	29
<p>Creamed Turkey with Biscuit Seasoned Broccoli With Red Peppers Fruit Salad</p>	<p>Bratwurst Sauerkraut Hoagie Roll Hot German Potato Salad Mixed Vegetables Fresh Melon</p>	<p>Roast Beef Sandwich With lettuce tomato and pickle Beef Vegetable Soup Jello w/ fruit cocktail</p>	<p>Hearty Beef Stew With potatoes, carrots, and onion French Bread Fruit</p>	<p>Salmon Spread Sandwich With lettuce tomato Mixed Green Tossed Salad Fresh Berries</p>