

Covid Protocol: Proof of Vaccination & Masks Required

August 2022 Hot Lunch Menu 206-365-1536

Shoreline Lake Forest Park Senior Center

Lunch Served 11:45 to 12:15

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Caesar Salad Split Pea Soup Dill Biscuit with Butter Pear, Dessert	Marinated Fish with Chick Peas Couscous Roasted Vegetables Fruit Salad Dessert	Potato and Bacon Frittata Green Salad with Oranges and Fennel Roll with Butter Melon, Dessert	Shrimp Pasta Primavera & Bow Tie Pasta with Asparagus, Leeks, Tomatoes, Peas, & Tri-colored Peppers Apricots, Dessert	Egg Salad Sandwich with Lettuce & tomato Mixed Green Salad with Dressing Chunky Applesauce Dessert
8	9	10	11	12
Ham and Cheese Biscuit Sandwich Mixed Greens Salad w/ Tomatoes, Carrots and Honey Mustard Dressing Strawberries Dessert	French Dip Sweet Potato Fries Summer Vegetable Salad Rhubarb Applesauce Dessert	Chicken Dijon Roasted Red Potatoes Sautéed Greens Salad w/ Carrots, Radishes Roll Pear Dessert	Meatball Sub w/ Marinara Sauce Julienned Peppers and Onions Romaine Salad with Dressing Mixed Melons Dessert	Apple Glazed Pork Brown and Wild rice with Cranberries Roll w/ Butter Yellow & Orange Carrots Mixed Berries with Vanilla Yoqurt topping Dessert
15	16	17	18	19
Turkey Meat Loaf with Mango Chutney Mashed Potatoes with Gravy Rainbow Carrots Roll Cantaloupe, Dessert	Polish Sausage with Sauerkraut on a Hoagie Roll Red Potatoes, Cabbage and Carrots Mandarin Oranges Dessert	BLT with Chicken Sandwich Chips Navy Bean Soup Mixed vegetable Crackers Spiced Baked Peaches Dessert	Pot Roast with Gravy Roasted Root Vegetables, Carrots Spring Green Salad with Blueberries Roll with Butter Birthday Cake	Fish N Chips with Tartar Sauce Pea and Carrot Salad Tropical Fruit Roll with butter Dessert
22	Senior Citizen Day 23	24	25	26
BBQ Pulled Pork Sandwich Sweet Potato Fries Pineapple Coleslaw Watermelon Dessert	Turkey Waldorf Salad Bed of greens Mixed Fruit Bread Stick French Onion Soup Dessert	Tuna Noodle Casserole (Pasta, Tuna, Peas and Cream of Mushroom Soup) Mixed Greens Salad w/ Tomatoes, Carrots and Ranch Dressing Roll Strawberries, Dessert	Curried Beef Yogurt Steamed Rice Roasted Cauliflower, Broccoli & Carrots Mango and Peaches Dessert	Orange Asian Chicken with Sautéed Onions, Celery, Peppers & Nappa Cabbage Steamed Rice Roll Pineapple Dessert
29	30	31		
Sausage and Peppers with Pasta Sautéed Rainbow Chard Garlic Bread Oranges Dessert	Cobb Salad (Eggs, bacon, avocado, cheese, chicken, tomato) Mushroom Barley Soup Roll with butter Tropical Mixed Fruit Dessert	Apple Glazed Ham Steak Baked Sweet Potato Creamed Cauliflower Spinach Salad Peaches and Plums Dessert		