

Shoreline Lake Forest Park Senior Center

January 2022

	4	5	6	7
<p><i>Happy New Year</i></p> 	<p>Open face Meatloaf Sandwich w/Brown Gravy Mashed Potatoes Steamed Broccoli 3 Bean Salad Fruit & Dessert</p>	<p>Beef Pot Pie Broccoli Salad with cheese Fruit Dessert</p>	<p>Roast Turkey w/Cranberry Sauce Dressing Vegetable Fruit Dessert</p>	<p>Penne with Marinara Sauce Garlic Bread Roasted Brussel Sprouts Cinnamon Applesauce</p>
10	11	12	13	14
<p>Turkey Burger w/ lettuce & tomato Minestrone Soup Potato Salad Fruit Cocktail Dessert</p>	<p>Liver & Onions Mashed Potatoes Brown Gravy String Beans with red peppers Roll w/butter Fruit & Dessert</p>	<p>Sweet & Sour Chicken Seasoned Noodles Stir Fry Vegetables Fruit Dessert</p>	<p>Italian Sausage & Pasta with Ragù Italian Vegetables Garlic Bread Fruit Dessert</p>	<p>Fish & Chips w/Tartar sauce Clam Chowder Coleslaw Fruit Dessert</p>
17	18	19	20	21
<p>CLOSED - MARTIN LUTHER KING DAY</p> 	<p>BBQ Pork Ribs Sautéed Greens Honey Glazed Carrots Cheese Herb Biscuit Pineapple Coleslaw Sweet Potato Pie Special meal</p>	<p>Pulled Pork Sandwich Fries Garden Salad Fruit Dessert</p>	<p>Chicken Caesar Salad Beef Vegetable Soup Roll w/ Butter Pears</p>	<p>Baked Fish Scalloped Potatoes Brussel sprouts Citrus Salad Roll with Butter</p>
24	25	26	27	28
<p>Seafood Chowder Egg Salad Sandwich with lettuce, tomato and pickle Veggie Sticks Fruit & Dessert</p>	<p>Ham & Broccoli Cheddar Quiche Mixed Green Salad With Tomatoes and Dressing Fruit Dessert</p>	<p>Teriyaki Beef Steamed Rice String Beans w/ Red peppers Roll w/butter Fruit Dessert</p>	<p>Roasted Chicken Red Potatoes Roasted Zucchini Roll w/Butter Fruit Dessert</p>	<p>Southern Style Pork Chop Mashed Potatoes Gravy Mixed Vegetables Fruit Dessert</p>
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<p>Spaghetti with Meatballs Marinated Vegetable Salad Garlic Bread Fruit Dessert</p>	<p>Suggested Donation of \$4.00 for senior 65+ \$10.00 for all others wishing to participate</p>	<p>Special thanks to Safeway, Food Lifeline, Edmonds Lutheran, and all others for your donation of food and supplies</p>		