



MEAL TIME 11:45 TO 12:15

January 2023

Shoreline Lake Forest Park Senior Center Hot Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
<p><i>Happy New Year</i></p> 	<p>Teriyaki Beef served over Rice Asian mixed Vegetables Roll with Butter Fruit Dessert</p>	<p>Southern Style Pork Chop Mashed Potatoes Gravy Mixed Vegetables Pears Dessert</p>	<p>Chicken & Cheese Enchilada Tomato, Black Bean & Corn Salad Roasted Broccoli Apple with Berries Dessert</p>	<p>Spaghetti with Meatballs Zucchini Boats Garlic Bread Baked Pear Dessert</p>
9	10	11	12	13
<p>Open faced Meatloaf Sandwich with Brown Gravy Mashed Potatoes Steamed Broccoli 3 Bean Salad Fruit Dessert</p>	<p>Beef Pot Pie Broccoli Salad with cheese Tropical Fruit Roll with Butter Dessert</p>	<p>Turkey Sandwich With Cranberry Sauce & Cream Cheese Vegetable Soup Peaches Dessert</p>	<p>Italian Sausage & Penne with Marinara Sauce Garlic Bread Roasted Brussel Sprouts Cinnamon Applesauce Dessert</p>	<p>Roasted Chicken Red Potatoes Roasted Zucchini Melon Roll with Butter Dessert</p>
16	17	18	19	20
<p>CLOSED -- MARTIN LUTHER KING DAY</p> 	<p>BBQ Pork Ribs Sautéed Greens Honey Glazed Carrots Cheese Herb Biscuit Coleslaw Baked Yams</p> <p>Special meal</p>	<p>Sweet & Sour Chicken Seasoned Noodles Stir Fried Vegetables Roll with Butter Orange Dessert</p>	<p>BIRTHDAY LUNCH! Ginger Mustard Pork New Potatoes with Dill Spinach Salad Zucchini Roll w/butter Peaches Birthday Cake</p>	<p>Chicken Stew Herb Biscuit Green Salad with Ranch Dressing and Tomatoes Apricots Dessert</p>
23	24	25	26	27
<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 with Butter Fruit Dessert</p>	<p>Sloppy Joe Jo Jo Potatoes Green Salad with Veggies Roll with Butter Pineapple Dessert</p>	<p>Turkey à la King Mashed Potatoes Mixed Vegetables Roll with Butter Pears Dessert</p>	<p>Baked Fish Scalloped Potatoes Rainbow Carrots Citrus Salad Roll with Butter Dessert</p>
30	31			
<p>Beef Stroganoff Noodles Broccoli Roll with butter Fruit Dessert</p>	<p>Ham & Broccoli Cheddar Quiche Mixed Green Salad with Tomatoes and Dressing Pineapple/Orange Roll with Butter Dessert</p>		<p>Milk choices: Skim, Chocolate, 2% Milk available <i>Special thanks to Food Lifeline and Safeway for donating their products to Community Dining</i></p>	<p>A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10</p>

