

Shoreline Lake Forest Park Senior Center.

Monday

Tuesday

Wednesday

Thursday

Friday

			1	2
A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.	Milk choices: Skim, Chocolate, 2% Milk MENU IS SUBJECT TO CHANGE		Turkey, Cranberry Sauce & Cream Cheese Sandwich Italian Ravolini Soup Spinach Salad w/ Tomatoes & Cucumbers Banana, Dessert	Yankee Pot Roast Boiled Potatoes Carrots, Onions & Celery Roll with Butter Fruit Salad Dessert
5	6	7	Birthday Lunch 8	9
Quiche Lorraine Asparagus Roll with butter Honeydew Melon Dessert	Curry Chicken Basmati Rice Sautéed Vegetables Naan Bread Fresh Fruit Dessert	Ham Steaks with Peach Chutney Baked Squash Tomato, Cucumber & Onion Salad Roll with Butter Fruit Dessert	Pork Chop with Applesauce Hot Slaw w/Poppy Seed Dressing Parmesan Potatoes Roll w/butter Peaches  Birthday Cake	Clam Chowder Seafood Salad with Thousand Island Dressing Mixed Vegetables Roll with Butter Fresh Fruit Dessert
12	13	14	15	Soul Food 16
Pork Roast Rice with Onion, Celery, Carrots, Peppers & Bok Choy Fruit Dessert	Italian Broccoli and Spinach Frittata Roasted Potatoes Roll with Butter Mixed Fruit Dessert	Chicken with Spanish Rice Mexican Chopped Salad with Honey Lime Dressing Roll with Butter Banana Dessert	Liver & Onions Bacon & Onion Gravy Steamed Potatoes Green Beans Roll with Butter Mixed Fruit Dessert	BBQ Pork Ribs Mashed Potatoes Coleslaw Southern Spoon Bread Pineapple and Watermelon Dessert
19	20	21	22	23
Meatloaf with Gravy Collard Greens Cornbread Fruit Dessert	Tilapia with Lemon Dill Butter Roasted Potatoes Green Beans Whole Wheat Roll Oranges Dessert	Turkey Burger on a Bun with Lettuce & Tomato Spinach Bacon Salad with Dressing Bananas/Oranges Dessert	Apricot Ginger Chicken Zucchini and Tomatoes Lemon Parsley Rice Biscuit with Butter Peaches, Dessert	Tuna Rice Bake with Mushroom Sauce and Peas Mixed Green Salad with Dressing Applesauce with Strawberries Dessert
26	27	28	29	30
Tortellini with Pesto Cream Sauce Green Salad Green Beans Garlic Bread Seasonal Fruit Dessert	Taco Salad with Ground Beef, Lettuce, Tomatoes, Cheese Corn Tortilla Chips Honeydew Melon Dessert	Ham and Cheese Sandwich Tomato Salad with Red Onion & Peppers Jell-O with Mandarin Oranges Dessert	Home-style Chicken Fricassee Mashed Potatoes Steamed Mixed Vegetables Roll with Butter Cantaloupe Dessert	Salisbury Steak Mashed Potatoes Sautéed Greens Strawberries and Bananas Bread & Butter Dessert