

MEAL TIME 11:45 TO 12:15

May 2023

Shoreline Lake Forest Park Senior Center Hot Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	Cinco De Mayo 3	4	5
Open faced Seafood Sandwich Macaroni Salad Vegetable Soup Assorted Melons Dessert	Shepherd's Pie Romaine Salad w/ Tomato, cucumber & Dressing Roll with Butter Peaches Dessert	Pork Chili Verde Spanish Rice Roasted Vegetable Tortilla Agua Fresca Mangos and Melon Flan custard RESERVATIONS REQUIRED	Linguini Pasta with Chicken Mixed Green Salad Shredded carrot, red cabbage, Dressing, Zucchini Garlic Bread Bananas Dessert	Turkey Waldorf Salad, bed of lettuce, (Apple, celery, walnuts, grapes) Roll Corn Chowder Fruit Dessert
8	9	10	11	Birthday Lunch 12
Quiche with Ham Cheese, Asparagus Spring Green Salad with tomato, Croutons, Dressing Roasted Potatoes Fresh Fruit Salad Dessert	Turkey Meat Loaf BBQ Baked Beans Glazed Carrots Roll with Butter Fresh Oranges Dessert	Citrus Sage Chicken Roasted Potatoes Broccoli Roll with Butter Assorted Melons Dessert	Beef Stroganoff with Noodles Mixed Vegetables Roll with Butter Fruit Salad with Yogurt sauce Dessert	Orange-Fennel Pork Cutlet, Green Salad Peas and Mushrooms Barley Pilaf Roll with Butter Fruit, Birthday Cake 
15	16	Ethiopian Meal 17	18	19
Ravioli Lasagna Roasted Zucchini onions and colored peppers. Roll with Butter Banana Dessert	Macaroni and Cheese with Ham Steak Carrot Raisin Salad Cantaloupe Dessert	Chicken Dero Wrte (Chicken in red sauce) Homemade Buttermilk cheese, Mixed greens, Injera Bread (flat bread) Tropical Fruit	Hamburger on a Bun w/ Lettuce, Tomato, and Condiments, Broccoli Salad Roasted Potatoes Fruit Salad Dessert	Turkey a la King Steamed Potatoes Green Salad with vegetables, dressing, Mango & Peaches Dessert
22	Soul Food 23	24	25	Memorial Day 26
Stuffed Peppers Brown Rice Pickled Beets Roll with Butter Oranges Dessert	Chicken with Brown Gravy Rice, Sauteed Mixed Greens with Bacon Roll with Butter Watermelon Dessert	Adobo Pork Jasmine Rice Mixed Green Salad Buttered Carrots Fresh Tropical Fruit Roll with Butter Dessert	Chicken Burger on a Bun French Fries 4 Bean Salad Raspberry Jell-O with Bananas Dessert	Ham Steak Potato Salad Broccoli Assorted Melons Dessert RESERVATIONS REQUIRED
29	30	31		
Closed- Memorial Day 	Teriyaki Beef with Rice Asian style Vegetables Mandarin Oranges Dessert	Chili with cheese Chopped Salad Cornbread Pineapple Dessert	Coffee, Water & Milk available <i>Special thanks to our volunteers</i> Menu Subject to Change	A \$4 donation is, suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10