


MEAL TIME 11:45 TO 12:30

May 2022

Shoreline Lake Forest Park Senior Center Hot Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Seafood Sandwich Macaroni Salad Vegetable Soup Assorted Melons Dessert	Hamburger on a Bun w/ Lettuce, Tomato, and condiments Roasted Carrots Citrus Fruit Salad Dessert	Turkey Waldorf Salad Roll with Butter Vegetable Chowder Crackers Tropical Fruit Dessert	Pork Chili Verde Spanish Rice Roasted Vegetable Baked apple Warm Tortilla Dessert	NO in-house LUNCH pick-up only <i>Vaccinations at the Center</i>
9	10	11	DAHLIA SALE 12	13
Ham, Cheese, & Broccoli Quiche Spring Greens Salad w/ Tomato, Croutons & Dressing Roasted Potatoes Fresh Fruit Salad Dessert	Turkey Meat Loaf BBQ Baked Beans Sautéed Mixed Greens Fresh Oranges Dessert	Citrus Sage Chicken Brown Rice Salad Broccoli Roll Assorted Melons Dessert	NO in-house LUNCH pick-up only Japanese Chicken Katsu Roasted Sweet Potatoes Mixed Vegetables Fruit Salad Roll with Butter Dessert	Shepherd's Pie Romaine Salad w/ Tomato & Dressing Roll with Butter Peaches Dessert
16	17	18	19	20
Chicken with Gravy Mashed Potatoes with Caramelized Onions Roasted Cauliflower Roll Fruit, Dessert	Macaroni and Cheese with Ham Steak Buttered Broccoli Cantaloupe Dessert	Tuna Salad Sandwich with Lettuce, Tomato Cream of Mushroom Soup Apricots & Strawberries Dessert	Orange-Glazed Pork Cutlet Peas & Mushrooms Barley Pilaf Roll with Butter Fruit Dessert	Sloppy Joe on a Bun Baked beans Green Salad Berry/Orange Fruit Mix Dessert
23	24	25	26	27
Stuffed Peppers Couscous Steamed Broccoli Roll with Butter Oranges Dessert	Caribbean Chicken Cumin Rice Mixed Vegetables Roll with Butter Pineapple Dessert	Chicken Burger on a Bun French Fries 4 Bean Salad Raspberry Jell-O with Bananas Dessert	NO LUNCH Memorial Day Luncheon for Veterans*	Teriyaki Beef with Rice, Oriental Vegetables Roll Pear Dessert
30	31	*Memorial day lunch 5/26 menu*		
Closed- Memorial Day 	Baked Fish Fillet Jo Jo Potato Coleslaw Salad Raspberry Jell-O with Bananas Dessert	Roast Beef Loaded Baked Potato Mixed vegetables Green salad Apple Pie	Milk choices: 2%Milk available <i>Special thanks to our volunteers and to Community Dining</i>	A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10