

Shoreline Lake Forest Park Senior Center

November 2022

Ph # 206-365-1536

Service Hours 11:45 – 12:15

	1	2	3	4
Special thanks to all the kitchen volunteers for their time and Starbucks & Safeway for donating their products to Community Dining.	Beef Pot Pie Seasonal Green Salad with tomato and dressing Roll with Butter Tropical Fruit Salad Dessert	Seafood Stuffed Tilapia Rice Pilaf Mixed Vegetables Roll with Butter Apricot Applesauce Dessert	Grilled Cheese Sandwich Pea Salad French Onion Soup Mandarin Orange Dessert	Baked Meatloaf with Gravy Steamed Potatoes Rainbow Carrots Roll with Butter Fresh Orange Dessert
7	8	9	10	11
Teriyaki Chicken Brown Rice Oriental Mixed Cabbage Sauté Roll with Butter Pineapple Dessert	Pork Cutlet with Cabbage Pierogi (dumpling) Roasted Root Vegetables Salad Pear Dessert	Lasagna Garlic Bread Sautéed Squash (zucchini & yellow) Green Salad Mixed Citrus Salad Dessert	VETERANS DAY LUNCHEON <u><i>Reservations Required</i></u> Roast Beef Baked Potato Roasted Mixed Vegetables Garden Salad Roll with Butter Baked Apple Pie	CLOSED FOR VETERANS DAY
14	15	16	17	18
Shepherd's Pie Romaine Salad with Tomato, Radishes, Carrots and Dressing Roll with Butter Fruit Cocktail Dessert	Taco Salad with Seasoned Ground Beef, Cheese, Tomato, Olives, Mixed Greens and Salsa Tortilla Peach Mango Applesauce Dessert	Quiche Lorraine Braised Greens Carrot Raisin Salad Roll with Butter Mixed Berries with Yogurt Dessert	Chicken on a bed of Broccoli with Mornay Sauce Couscous Green Salad with Tomato & Dressing Roll with Butter Orange Cake	Baked Fish Steamed Basmati Rice Roasted Zucchini Green Salad Bread & Butter Seasonal Melon Mix Dessert
21	22	23	24	25
Pork Chop with Gravy Mashed Potatoes Broccoli Roll with Butter Pear Dessert	Stuffed Peppers with Ground Beef, Marinara Sauce and Cheese Mashed Potatoes Shredded Carrot and Parsnip Slaw Roll with Butter Banana, Dessert	Roast Turkey with Gravy Candied Yams Cranberry Sauce Stuffing Glazed Carrots Bread & Butter Marinated Vegetable Salad Pumpkin Pie topped with Cream	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
28	29	30		
Liver and Onions with Bacon Mashed Potatoes Strings Beans with Red Peppers Roll with Butter Tropical Fruit Salad Dessert	Spaghetti and Meatballs Green Salad Baked Garlic Zucchini Boats Garlic Bread Pears Dessert	BBQ Pork Stuffed Potato Glazed Carrots Chopped Salad Pineapple Dessert	Daylight Saving Ends National Deviled Egg Day National Sandwich Day American Recycle Day	A \$4 donation is Suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10 Milk Choices: 2% or Chocolate