


# Shoreline Lake Forest Park Senior Center

## November 2023

MEALTIME 11:45 TO 12:20

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>All Saints Day</b> 1	2	3
A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for a \$10 charge	<b>MENU SUBJECT TO CHANGE.</b> Please call ahead if you have any food allergies	<b>Pozole w/Pork and Chicken</b> Corn Tortilla Chips Mixed Green Salad Fruit Dessert	<b>Spaghetti with Meatballs</b> Three Bean Salad Garlic Bread Fruit Dessert	<b>Seafood Chowder</b> Roll with Butter Broccoli Salad Fruit Dessert
6	7	8	<b>Veterans Luncheon</b> 9	10
<b>Vegetable Beef Stew</b> Biscuit w/Butter Green Salad with Veggies Fruit dessert	<b>Chicken Taco Salad</b> With Tomatoes, Lettuce, Black Olives, Salsa, Sour Cream, Tortillas Corn & Black Beans Fruit	<b>German Sausage</b> Braised Red Cabbage German Potato Salad Fruit Dessert	<b>Beef Bourguignon W/ Sourdough Bread Bowl</b> Roasted Acorn Squash Collard Greens and Cauliflower Fresh Fruit, Dessert	<b>Veteran's Day Holiday CLOSED</b> 
13	<b>Diabetes Awareness Day</b> 14	15	<b>Birthday Lunch</b> 16	17
<b>Beef Stroganoff</b> Roasted Carrots/Parsnips Garlic Bread Fruit Dessert	<b>Meatloaf</b> Mashed Potatoes & Gravy Mixed Vegetables Fruit Sugar Free Dessert	<b>Chicken Teriyaki</b> White Rice Cabbage and Carrot Salad Fresh Fruit Medley Dessert	<b>Oven Roasted Salmon</b> Roasted Brussels Sprouts With Balsamic Glaze Scalloped Potatoes Melon Fruit Birthday Cake 	<b>Chicken Marsala</b> Parmesan Risotto Roasted Carrots Fresh Fruit Dessert
<b>Holiday Meal</b> 20	21	<b>West African Meal</b> 22	23	24
<b>Roast Turkey</b> Stuffing, Mashed Potatoes & Gravy Green Beans Cranberry Orange Relish Pumpkin Pie	<b>Lasagna</b> Italian Vegetables Salad Bread and butter Fruit Dessert	<b>Chicken Maffe</b> Roasted Stuffed Tomato Spinach Salad Rolls with Butter Fresh fruit Dessert	Thanksgiving Holiday <b>CLOSED</b> 	<b>CLOSED</b>
27	<b>Giving Tuesday</b> 28	29	30	29
<b>Roasted Chicken</b> Broccoli Mashed Sweet Potatoes Fruit, Dessert	<b>Katsu Pork</b> White Rice Roasted Cauliflower And broccoli Fruit Dessert	<b>Liver and Onions</b> Au Gratin Potatoes Mixed Vegetables Fruit Dessert	<b>Tuna Croquettes</b> Macaroni & Cheese Roasted Carrots Fruit Dessert	<b>Shepherd's Pie</b> Roasted Butternut Squash Mixed Fruit Roll

