



Senior Services
Promoting the well-being of older adults

September 2009

Community Dining - Hot Lunches

Northshore Senior Center – Make Reservations at Front Reception Desk in person or by phone, 425-487-2441

Lunch is served between 11:45 – 12:15

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chili Con Carne Brown Rice Green Salad w/Italian Dressing Cornbread Tropical Fruit Mix	2 Menu: Labor Day Holiday Beef Frank on Bun Potato Salad Carrot Slaw Cookie Juice	3 Asiago Chicken Breast Rainbow Bow Tie Pasta Japanese Vegetable Mix Parker House Roll Diced Peaches	4 Pork Chili Verde Rice Capri Vegetables Corn Tortilla Juice/Cookie
7 Labor Day- Closed	8 Vegetable Turkey a la King w/Linguini Spinach Salad w/French Dressing Parker House Roll Mandarin Oranges	9 Roast Pork/gravy Baked Potato Scandinavian Vegetables Roll Lemon Pudding	10 Meatloaf/Gravy Mashed Potatoes Peas & Carrots Garlic Bread Tropical Fruit Salad	11 White Fish Fillet w/Lemon Sauce Rainbow Rotini California Vegetable Mix Fresh Roll Apricots
14 Turkey Pot Roast/Gravy Red Potatoes Sliced Carrots Wheat Roll Strawberry Ice Cream	15 Sweet & Sour Chicken & Vegetable Stir Fry White Rice Dinner Roll Fruit Mix	16 Ivar's Clam Chowder Chef Salad w/Thousand Island Dressing Whole Grain Roll Pineapple Tidbits	17 Birthday Sliced Turkey/Gravy Mashed Potatoes Fiesta Mixed Vegetables Cranberry Jelly Dinner Roll Birthday Cake 	18 Penne Pasta w/Meat Balls & Marinara Sauce Broccoli Garlic Bread Gelatin w/pears
21 Pork Roast/Gravy Yams California Vegetable Mix Bavarian Roll Sliced Apples	22 Teriyaki Chicken Breast Over Rice Spinach Coleslaw Wheat Parker House Roll Plums	23 Breaded Fish Patty w/Lettuce, Tomato & Tartar Sauce on bun Sliced Carrots Pineapple Tidbits	24 Beef & Vegetable Stew Green Salad w/French Dressing Biscuit Mandarin Oranges	25 Fruit Glazed Turkey (Cured Like Ham) Mashed Potatoes Brussels Sprouts Cornbread Banana
28 Salmon Caesar Salad Bavarian Roll Cantaloupe Wedge	29 Shepherd's Pie Green Beans Spinach Salad w/Dressing Parker House Roll Mandarin Oranges	30 Pasta w/Meat Sauce Broccoli Garlic Bread Sliced Peaches	Special Thanks to Starbucks & Ivar's for donating their products to Community Dining	Milk Choices: Skim, Chocolate, 2% Milk available on cook's request for any meal

Community Dining – Soup and Sandwiches

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Lunch is served between 11:45 – 12:15

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>"By all these lovely tokens September days are here, With summer's best of weather And autumn's best of cheer." - Helen Hunt Jackson</i></p>	<p>1 Ivar's Clam Chowder Turkey Sandwich on Wheat Bread Green Salad w/Italian Dressing Tropical Fruit Mix</p>	<p>2 Beef Barley Soup Chicken Salad Sandwich on Bun Baby Carrots Applesauce</p>	<p>3 Very Veggie Soup Roast Beef & Cheddar Sandwich on Wheat Bread Diced Peaches</p>	<p>4 Split Pea Soup Tuna Salad Sandwich on White Bread Green Salad w/French Dressing Cookie/Juice</p>
<p>7 Labor Day- Closed</p>	<p>8 Corn Chowder Meatloaf Sandwich on Sourdough Bread Baby Carrots Mandarin Oranges</p>	<p>9 Very Veggie Chicken & Rice Soup Turkey & Swiss Sandwich on 9-Grain Bread Salad w/Dressing Lemon Pudding</p>	<p>10 Very Veggie Beef Soup Egg Salad Sandwich on Wheat Bread Tropical Fruit Mix</p>	<p>11 French Onion Soup Corned Beef Sandwich on Rye Apricots Fruit Juice</p>
<p>14 Tomato Bisque Chicken Salad Sandwich on 9-Grain Bread Broccoli w/dip Strawberry Ice Cream</p>	<p>15 Very Veggie Minestrone Soup Meatball Hoagie Roll Fruit Mix</p>	<p>16 Ivar's Clam Chowder Corned Beef & Swiss Sandwich on Rye Green Salad w/French Dressing Pineapple Tidbits</p>	<p>17 Birthday Very Veggie Chicken Noodle Soup Ham Salad Sandwich on Bun Salad w/French Dressing Birthday Cake</p> 	<p>18 Cream of Mushroom Soup Turkey Sandwich on Wheat Bread Blanched Broccoli w/dip Gelatin w/pears</p>
<p>21 Potato Corn Chowder Tuna Salad Sandwich on Wheat Bread Baby Carrots Sliced Peaches</p>	<p>22 Tomato Vegetable Bisque Chicken Salad Sandwich on Bun Plums</p>	<p>23 Cream of Chicken Soup Ham Sandwich on Sourdough Bread Baby Carrots Pineapple Tidbits</p>	<p>24 Ivar's Clam Chowder Turkey & Pastrami Sandwich on Wheat Bread Green Salad w/French Dressing Mandarin Oranges</p>	<p>25 Very Veggie Beef Noodle Soup Egg Salad Sandwich on 9-Grain Bread Banana</p>
<p>28 Chicken Noodle Soup Turkey & Pastrami Sandwich on Rye Caesar Salad Cantaloupe Wedge</p>	<p>29 Very Veggie Soup Egg Salad Sandwich on 9-Grain Bread Juice</p>	<p>30 Split Pea Soup Ham & Swiss Sandwich on Wheat Bread Coleslaw Mandarin Oranges</p>	<p>Special Thanks to Starbucks & Ivar's for donating their products to Community Dining</p>	<p>Milk Choices: Skim, Chocolate, 2% Milk available on cook's request for any meal</p>