

July 2017 Hot Lunch Menu

Northshore Senior Services

Make reservations at Front Desk in person or call 425-487-2441. Lunch served 11:45 AM to 12:15 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Turkey, Spinach and Cheese Lasagna Green Salad with Tomato & Cucumber Garlic Bread Chef's Choice Dessert	HOLIDAY CENTER CLOSED 	Roasted Chicken Brown Rice Pilaf Broccoli Roll Chef's Choice Dessert	Beef Stew w/Carrots, Potatoes, Peas Green Salad with Veggies Roll Chef's Choice Dessert	Cajun Panko Tilapia Brown Rice Pilaf Southern Style Greens (Collard & Mustard) Roll Chef's Choice Dessert
10	11	12	13	14
Spaghetti with Meat Sauce Green Salad w/Tomatoes, Carrots, Bell Peppers Garlic Toast Chef's Choice Dessert	Meatloaf Mashed Potatoes & Gravy, Carrots, Peppers, Zucchini & Squash Chef's Choice Dessert	Oven Fried Chicken Mashed Potatoes with Gravy Broccoli Chef's Choice Dessert	Roasted Pork Loin Roasted Potatoes Vegetable Salad Chef's Choice Dessert	Chicken Breast with Spinach, Mushrooms & Parmesan Brown Rice w/Tomatoes Mixed Vegetables Chef's Choice Dessert
17	18	19	Birthday Lunch 20	21
Tuna Noodle Casserole Mixed Vegetables Chef's Choice Dessert	BBQ Chicken (Dark Meat) Broccoli Mashed Potato Salad Corn Bread Chef's Choice Dessert	Beef Taco Salad Black Beans, Corn Tomatoes, Lettuce Tortilla Chips Sour Cream Salsa Chef's Choice Dessert	Salisbury Steak Mashed Potatoes & Gravy Green Salad w/Veggies Chef's Choice Dessert 	Sweet & Sour Pork Asian Mixed Veggies Steamed Rice Chef's Choice Dessert
24	25	26	27	28
Beef Stroganoff Mixed Veggies Roll Chef's Choice Dessert	Sloppy Joe on a Bun Green Salad Potato Chips Chef's Choice Dessert	Balsamic Glazed Chicken Breasts Roasted Potatoes Vegetable Stuffed Tomatoes Chef's Choice Dessert	Pork Chops Mashed Potatoes Mixed Vegetables Chef's Choice Dessert	Spaghetti w/Meat Sauce, Green Salad with Veggies Garlic Bread Chef's Choice Dessert
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Chicken Breast with Spinach, Mushrooms & Parmesan Brown Rice w/Tomatoes Mixed Vegetables Chef's Choice Dessert				A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for a \$10 charge. We gladly accept Quest Cards, cash or Checks paid daily, weekly or monthly. Menu is subject to change.

July 2017 Soup & Sandwich Menu Northshore Senior Services

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Two Meats & Cheese on Wheat Bread Soup of the Day Chef's Choice Dessert	HOLIDAY CENTER CLOSED 	Turkey on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Pastrami & Cheese on Rye Bread Soup of the Day Chef's Choice Dessert	Ham & Cheddar on Whole Wheat Bread Soup of the Day Chef's Choice Dessert
10	11	12	13	14
Chicken Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Grilled Cheese on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Roast Beef on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Ham & Cheese on White Bread Soup of the Day Chef's Choice Dessert	Crab Salad on White Bread Soup of the Day Chef's Choice Dessert
17	18	19	Birthday Lunch 20	21
Salami & Cheese on Wheat Bread Soup of the Day Chef's Choice Dessert	B.L.T. on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Turkey on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Tuna Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert 	Two Meats & Cheese on Wheat Bread Soup of the Day Chef's Choice Dessert
24	25	26	27	28
Roast Beef & Cheddar on Wheat Bread Soup of the Day Chef's Choice Dessert	Crab Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Pastrami & Cheese on Rye Bread Soup of the Day Chef's Choice Dessert	Turkey & Cheese on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Hot Dog, Caramelized Onions Chips Soup of the Day Chef's Choice Dessert
31				
Tuna Salad on Whole Wheat Bread Soup of the Day Chef's Choice Dessert	Ham & Cheese Sliders Soup of the Day Chef's Choice Dessert		Note: All of the sandwiches are accompanied by the vegetable of the day.	A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for a \$10 charge. We gladly accept Quest Cards, cash or Checks paid daily, weekly or monthly. Menu is subject to change