

Community Dining - Hot Lunches

Served at Northshore Senior Center. Make reservations at Front Reception Desk in person or by phone at 425-487-2441.

Lunch is served 11:45 – 12:15 PM


Monday

Tuesday

Wednesday

Thursday

Friday

	<p>*Special thanks to Ivar's for donating their products to Community Dining *Milk choices: skim, chocolate & 2% milk available on cook's request for any meal</p>	<p>1 Sausage & Vegetable Pizza Fresh Caesar Salad Sliced Cantaloupe</p>	<p>2 Monterey Quiche California Mixed Vegetables Fresh Spinach Salad w/Dressing Bavarian Roll Mandarin Oranges</p>	<p>Holiday Meal 3 Beef Frank on Bun Potato Salad Carrot Slaw Cookie 100% Juice</p>
<p>6 Closed- Labor Day </p>	<p>7 Open Face Hot Turkey Sandwich on Texas Toast Mashed Potatoes & Gravy Snow Peas & Carrots Pineapple Tidbits</p>	<p>8 Jambalaya Casserole w/Rice Green Beans Biscuit Fresh Orange</p>	<p>9 Ivar's Clam Chowder Chef Salad w/Ranch Dressing (Romaine, Diced Turkey, Egg, Tomato Wedge, Cheddar Cheese) Whole Grain Roll 100% Fruit Juice</p>	<p>10 Turkey Burger on Bun w/Lettuce & Tomato Oven Fries Carrot Raisin Salad 100% Fruit Juice</p>
<p>13 Chile Con Carne Brown Rice Fresh Green Salad w/Dressing Cornbread Tropical Fruit Salad</p>	<p>14 Chicken Pot Pie Fresh Spinach Salad w/Dressing Biscuit Fresh Grapes</p>	<p>15 Salad Nicoise (Tuna, Egg, Romaine Lettuce, Cheese, Croutons & Dressing) Bavarian Roll Fresh Orange</p>	<p>Birthday Lunch 16 Baked Ham Au Gratin Potatoes Spinach & Carrot Salad w/Creamy Italian Dressing Multi-Grain Roll Birthday Cake 100% Juice</p>	<p>17 Beef & Tomato Macaroni Casserole Broccoli & Carrots Whole Wheat Roll Sliced Peaches</p>
<p>20 Swiss Vegetable Quiche Fresh Spinach Salad w/Dressing Nine Grain Roll Mandarin Oranges</p>	<p>21 Potato Crunch Fish Macaroni & Cheese Green Beans Wheat Roll Cantaloupe</p>	<p>22 Polish Beef Sausage Red Potatoes Cabbage & Carrot Slaw Wheat Flake Roll Fresh Orange</p>	<p>23 Turkey Alfredo w/Linguini Noodles Fresh Spinach Salad w/Dressing Garlic Bread 100% Fruit Juice Cookie</p>	<p>24 Ivar's Clam Chowder Chop-Chop Salad w/Thousand Island Dressing (Romaine, Diced Chicken, Mozzarella & Salami) Parker House Roll Apricots</p>
<p>27 Spanish Omelet Potato Triangles Mini Bagel w/Cream Cheese & Jelly 100% Fruit Juice</p>	<p>28 Teriyaki Chicken Breast Rice Spinach Coleslaw Parker House Roll Mandarin Oranges</p>	<p>29 Roast Pork w/Gravy Yams Collard Greens 9 Grain Roll Cantaloupe</p>	<p>30 Open Face Hot Roast Beef Sandwich on Texas Toast Mashed Potatoes w/Gravy Mixed Veggies Tropical Fruit</p>	<p>A \$3 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$6. We gladly accept Quest Cards, cash or checks paid daily, weekly or monthly. Menu is subject to change.</p>

Community Dining – Sandwich & Soup/Salad

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<p>Nutrition Tip Myth: People w/Diabetes should eat special sugar free foods Fact: Sugar free foods are marketed for dieters, not Diabetics. These foods might be sugar free, but often still contain carbohydrates</p>	<p>*Special thanks to Ivar's for donating their products to Community Dining *Milk choices: skim, chocolate & 2% milk available on cook's request for any meal</p>	<p>Sand. & Salad 1 3 Cheese Sandwich on 9-Grain Bread Tangy Caesar Salad Fresh Cantaloupe</p>	<p>2 Cream of Mushroom Soup Pastrami Sandwich on Rye Bread Fresh Spinach Salad w/Dressing Mandarin Oranges</p>	<p>3 Lentil & Vegetable Soup Ham Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Sliced Peaches</p>
<p>6 Closed- Labor Day </p>	<p>7 Cream of Tomato Soup Salami, Ham & Cheese Hoagie Fresh Green Salad w/Dressing Pineapple Tidbits</p>	<p>8 Chicken Noodle Soup Ham & Cheese Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Fresh Orange</p>	<p>Sand. & Salad 9 Roast Beef & Swiss Cheese Sandwich on 9-Grain Bread Tangy Caesar Salad 100% Fruit Juice</p>	<p>10 Navy Bean Soup BBQ Beef Sandwich on Bun Carrot Raisin Salad 100% Fruit Juice</p>
<p>13 Minestrone Soup Tuna Salad Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Tropical Fruit</p>	<p>14 Chicken, Vegetable & Rice Soup Egg Salad Sandwich on Bun Fresh Spinach Salad w/Dressing Fresh Grapes</p>	<p>Sand. & Salad 15 Turkey & Cheddar Cheese Sandwich on Whole Wheat Bread Tangy Caesar Salad Fresh Orange</p>	<p>Birthday Lunch 16 Black Bean Soup Corned Beef & Swiss Cheese Sandwich on Rye Bread Spinach & Carrot Salad w/Creamy Italian Dressing Birthday Cake 100% Juice</p>	<p>17 Beef, Vegetable & Noodle Soup Ham Sandwich on Whole Wheat Bread Broccoli Spears w/Ranch Dip Sliced Peaches</p>
<p>20 Hearty Vegetable Soup Marinara & Meatball Hoagie Cabbage & Carrot Slaw Fresh Orange</p>	<p>21 Chicken Tortilla Soup Pastrami Sandwich on Rye Bread Fresh Green Salad w/Dressing Cantaloupe</p>	<p>Sand. & Salad 22 Turkey & Cheddar Sandwich on 9-Grain Bread Fresh Spinach Salad w/Dressing Mandarin Oranges</p>	<p>Sand. & Salad 23 Meatloaf Sandwich on Sourdough Bread Fresh Spinach Salad w/Dressing 100% Fruit Juice Cookie</p>	<p>24 Ivar's Clam Chowder Roast Beef Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Apricots</p>
<p>27 Bean & Bacon Soup Ham & Swiss Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing 100% Fruit Juice</p>	<p>28 French Onion Soup Turkey & Pepper Jack Cheese Sandwich on 9-Grain Bread Coleslaw Mandarin Oranges</p>	<p>29 Split Pea Soup Egg Salad Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Cantaloupe</p>	<p>30 Corn Chowder Chicken Salad Sandwich on Whole Wheat Bread Fresh Green Salad w/Dressing Tropical Fruit</p>	<p>A \$3 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$6. We gladly accept Quest Cards, cash or checks paid daily, weekly or monthly. Menu is subject to change.</p>