


September 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor Day	2 INDIAN LUNCH (VEGETARIAN) Dhal Rice Raita Vegetables Naan Fruits	3 Baked Fish w/ Parsley Mustard Sauce Brown rice Salad Fruits	4 Herb Cheese Ravioli Vegetables Fruits	5 Chicken w/ Caper Cream Sauce Brown rice Vegetables Fruits
8 Tuna Burger Coleslaw Baked potato Fruits	9 Maple Garlic Pork Loin Rice Vegetables Fruits	10 Fish Tacos Mexican street corn Cabbage slaw Fruits	11 Lasagna Vegetables Salad Fruits	12 Chicken w/ Blue Cheese Sauce Rice Vegetables Fruits
15 Penne w/ Creamy Bacon Sauce Salad Fruits	16 INDIAN LUNCH (VEGETARIAN) Dhal Rice Raita Vegetables Naan Fruits	17 Chicken Burger w/ Chive Sauce Roasted potatoes Salad Fruits	18 Macaroni Meatballs Vegetables Fruits	19 Baked Fish w/ Lemon Ginger Gastrique Rice Salad Fruits
22 Chicken w/ Tarragon Cream Sauce Rice Vegetables Fruits	23 Sweet and Sour Pork w/ Apples Rice Vegetables Fruits	24 Fish w/ Gremolata Sauce Brown rice Vegetables Fruits	25 Bacon Jam and Cheese Grilled Sandwich Vegetables Salad Fruits	26 French Dip Sandwich Roasted potatoes Salad Fruits
29 Chicken w/ Garlic Balsamic Vinegar Rice Vegetables Fruits	30 Baked Fish in Tomato and Basil Sauce Brown rice Vegetables Fruits	 Northshore Senior Center	A \$5 donation is suggested for seniors 60 and older. Guests under 60 can enjoy a meal for a \$10 charge. We accept Qwest Cards, cash, or checks paid daily, weekly, or monthly.	Make reservations 48 hours in advance at Front Desk in Person or call 425-487-2441

The menu is subject to change.

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